THE MAGAZINE FOR BETTER HEALTH

PREVENTION®

CUT YOUR CHOLESTEROL

30 POINTS IN 30 DAYS

THE NEW ARTHRITIS RELIEF DIET

p. 34

- **Warm Your Cold Hands and Feet**
- **50 Foods That Help You Beat Cancer**
- **Ease-Your-Asthma Tips**

FEBRUARY 1989 / $1.95

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The first hypo-allergenic temporary color rinse.

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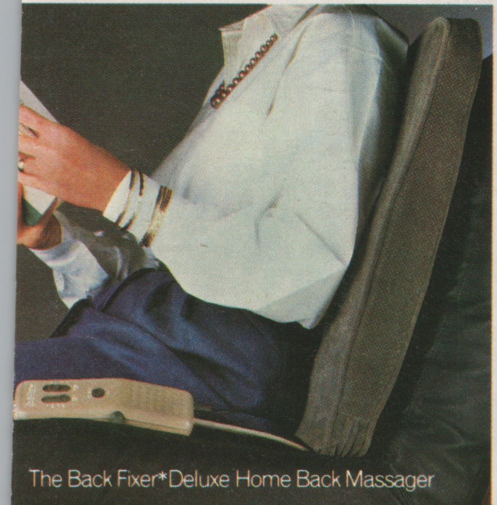
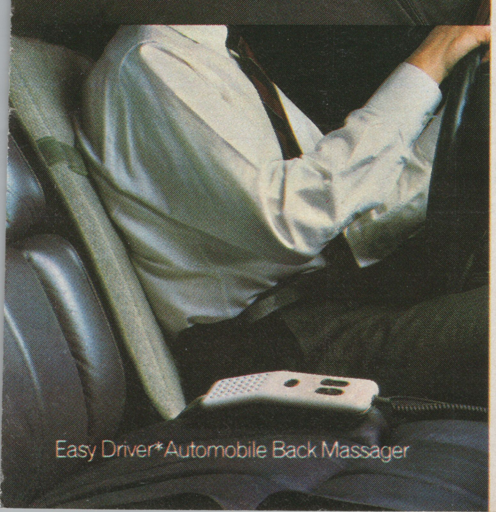

The Back Fixer*Deluxe Home Back Massager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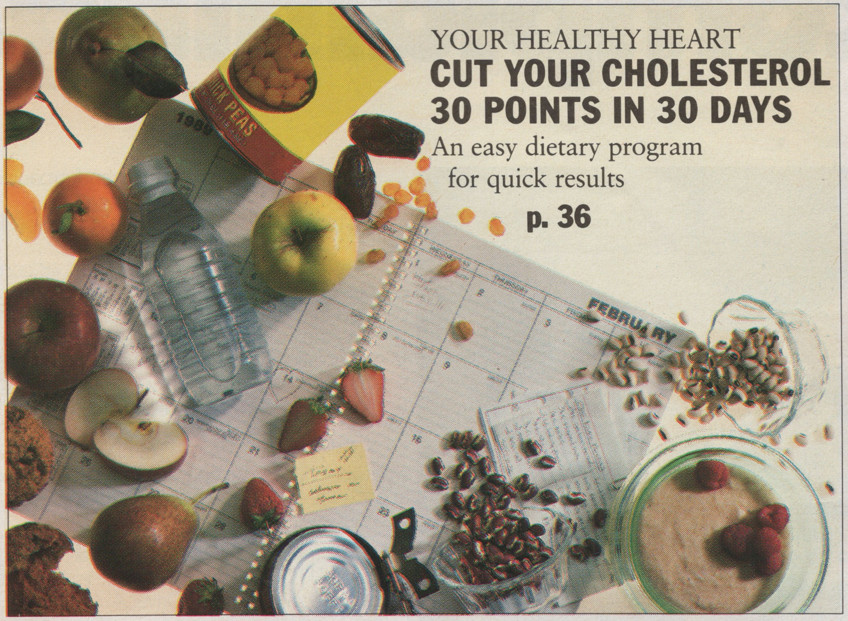
AMERICA'S LEADING HEALTH MAGAZINE
PREVENTION®
February 1989 Vol. 41 No. 2



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Of 59 cereals ranked on nutrition, we came out on top!

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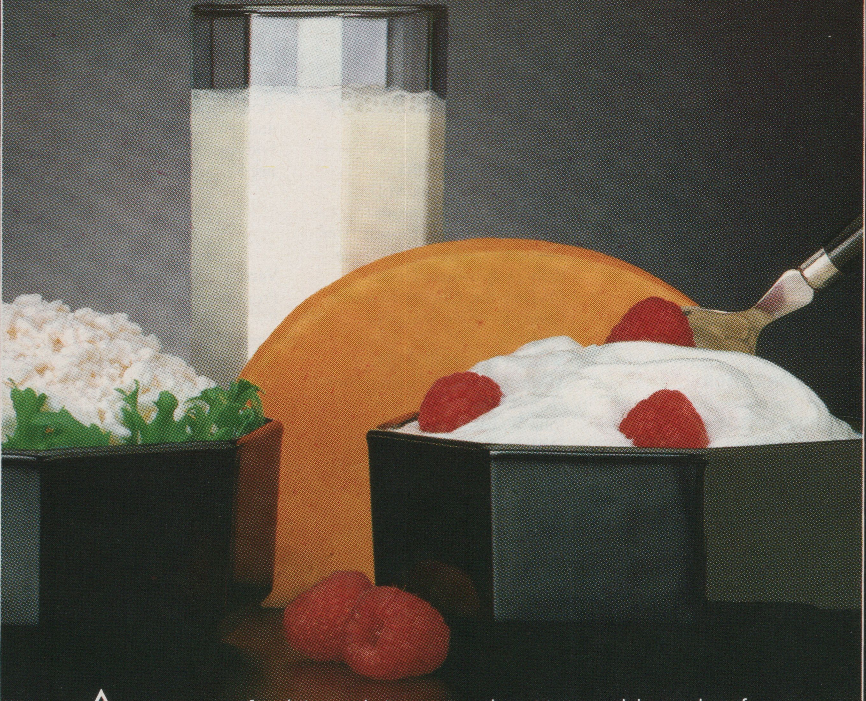

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***Prevention's* reporting is meant to increase your knowledge of current developments in health. Because everyone is different, the ideas expressed by various researchers cannot be used to diagnose or treat individual health problems. A health-care professional can best guide you.**

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Varro E. Tyler, Ph.D.
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Gary Westerfield, M.S.
U.S. Racewalking Team Coordinator
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ASSOCIATE PUBLISHER/MARKETING
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It's National Heart Month. Do you know where your cholesterol is?

Mazola urges you to find out. Because what you don't know can hurt you. In fact, more than half of all adults have high blood cholesterol, yet few are aware of it.

And if your cholesterol count is too high, it's not too late to start lowering it to reduce your risk of heart disease. The most important step is to reduce saturated fat and cholesterol in your diet. So you should know that Mazola 100% pure corn oil, Mazola corn oil margarines and Mazola No Stick cooking spray are low in saturated fat and contain no cholesterol. And with Mazola, you won't have to sacrifice great tasting foods.

Start using Mazola now and you can see significant progress in as little as six weeks. So find out where your cholesterol is. Then you can begin to put it right where it belongs.

NO CHOLESTEROL
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Mazola
100% CORN OIL
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HEALTH FRONT

Today's top medical news and feel-better tips

A IS FOR EYES

Vitamin A linked to less degenerative eye disease

Daily consumption of fruits and vegetables rich in vitamin A—like carrots, squash, pumpkin and brussels sprouts—has been linked to a lower risk of developing macular degeneration, a new study shows. This condition is a leading cause of visual impairment for people over 60.

University of Illinois researchers examined the characteristics and eating habits of more than 3,000 people over age 45. People who ate no fruits or vegetables rich in vitamin A appeared to be about twice as likely to develop the condition as those who ate some every day. What's more, the risk seemed to decrease with each additional day that fruits or vegetables were consumed.

Researchers think that macular degeneration may be a result of damage to the retina caused by lifetime exposure to ultraviolet (or visible) light. The scientists who conducted this study speculate that vitamin A may somehow inhibit this damage (*American Journal of Epidemiology*, October 1988).

BILL FRAMPTON

HEALTHY COPING

Staying in fine fettle may help you weather stressful times

Add one more item to the list of reasons to adopt a healthy lifestyle: It may help you cope better with traumatic events.

Researchers at the University of Florida surveyed 678 people over age 60. They found that good health was the greatest predictor of how well they coped with a spouse's death or other stressful life changes. Health was more important to coping than religion, support of family and friends, educational and career success, and the ability to take charge of one's life.

Interestingly, the study also found that

All fiber is not created equal.

You've probably heard a lot about the benefits of fiber. But did you know all fiber is not the same?

There are two types of fiber: soluble and insoluble. Both are essential to good health. Both provide bulk in the lower intestines to promote regularity. But today, medical researchers are interested in the additional health benefits of *soluble fiber.*

Unlike insoluble fiber, which works primarily in your lower intestine, soluble fiber begins working in your stomach and continues to work *throughout* your digestive system. So it has a more beneficial impact on the digestive system.

So where can you find a superior source of soluble fiber? Metamucil.

Psyllium

Wheat

Oats

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Taken daily as "fiber therapy," Metamucil is a safe, natural way to maintain regularity. And regularity is important to your health.

A healthy diet includes a wide variety of high-fiber foods. You can and should try to include more fiber of *all kinds* in your diet.

But if you want to find out more about the health benefits of soluble fiber, why not ask your doctor about Metamucil. More doctors recommend Metamucil than any other product of its kind.

ORANGE FLAVOR
Metamucil
BRAND OF PSYLLIUM HYDROPHILIC MUCILLOID
Doctor Recommended
Natural Therapeutic Fiber
For Regularity

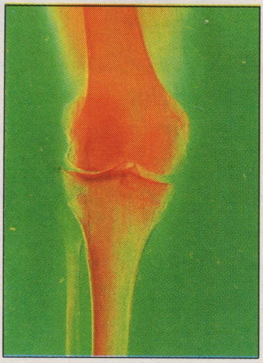
Natural Soluble Fiber Metamucil.
It can make a daily difference in your health.

people who only *perceived* themselves as healthy were great copers, too. Anthony La Greca, Ph.D., and Ronald Akers, Ph.D., the main researchers of this study, now intend to examine whether maintaining or even beginning exercise and a healthy diet during stressful times can help people cope better.

JOINTS FEEL THE WEIGHT

Could obesity cause osteoarthritis?

Doctors have long noted a link between obesity and osteoarthritis. But they weren't sure which came first. Now two studies have produced the first clear evidence that excess weight may *cause* the condition. The studies are doubly important because weight is one of only two known risk factors for osteoarthritis that can be controlled. (The other factor is injury; age and sex are "uncontrollable" factors.)



In one study, researchers from Boston University examined 1,420 participants in the famed Framingham Heart Study. They determined that people who were obese some 36 years ago, when the study began, were later more likely to develop osteoarthritis than slim individuals. The heaviest 20 percent of the women, for example, were twice as likely to develop the disease (*Annals of Internal Medicine*, July 1988).

Another recent study of over 5,000 people, the First National Health and Nutrition Examination Survey (HANES I), had similar findings (*American Journal of Epidemiology*, July 1988).

One theory is that extra weight strains the knee joints, causing arthritis. But David T. Felson, M.D., who worked on both studies, is investigating the possibility that metabolic changes induced by obesity may influence osteoarthritis. Rationale: Osteoarthritis also occurs in the hand, which should not be strained by the extra weight.

HAPPY HEARTS

Beating the blues may prevent heart attacks

Maintaining a positive outlook may help people with heart disease avoid heart attacks and other health problems, says Washington University psychologist Robert Carney, Ph.D.

Dr. Carney con-

CNRI / SCIENCE PHOTO LIBRARY / PHOTO RESEARCHERS, INC.

ducted a one-year follow-up study of 50 heart-disease patients. Those who suffered a major depression at the time of diagnosis were twice as likely to have died, had a heart attack or needed major surgery as nondepressed patients. (Both depressed and nondepressed patients had roughly the same degree of heart disease.)

Dr. Carney isn't sure why depression has this effect. One theory is that it may affect a patient's motivation to follow doctors' instructions for exercise and diet.

About one in five heart patients is seriously depressed, says Dr. Carney. So patients (and their friends and relatives) should be on guard for depression symptoms that last more than two weeks. These include being listless, being unable to concentrate,

---

The American Heart Association likes our ingredients.*

Coffee Rich® non-dairy creamer is 100% cholesterol-free and low in saturated fats. That's because it's made from soybean oil – an oil that's "okay" on the American Heart Association's list* of approved unsaturated fats.

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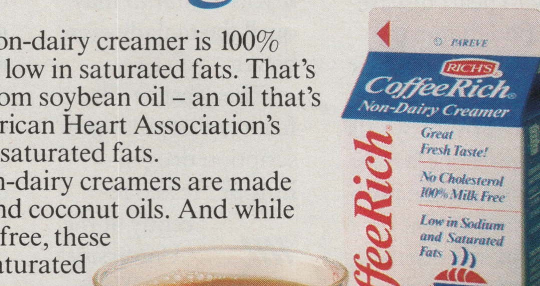


IN YOUR GROCER'S FREEZER

Coffee Rich®. One of the good foods.

*THE AMERICAN HEART ASSOCIATION DIET. An Eating Plan for Healthy Americans © 1985

eat or sleep, and losing interest in hobbies.

Don't assume, or let your doctor assume, that major depression is a natural symptom of heart disease, says Dr. Carney. Ask your doctor if you might be a candidate for blues beaters such as therapy or antidepressant drugs.

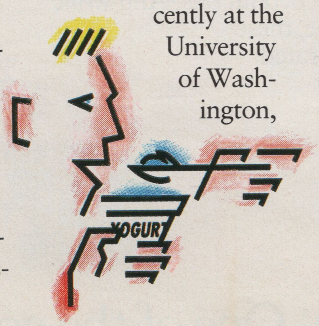
Another resource for dealing with depression: Mended Hearts. This organization has about 200 chapters nationwide that provide peer counseling and support groups for people with heart disease. "We find that many people who deny their depression are helped most effectively by talking to someone who's been through the problem," says Darla Bonham, the organization's executive director. For information, write to Mended Hearts, 7320 Greenville Ave., Dallas, TX 75321; or call your local American Heart Association about them.

AFTER ANTIBIOTICS

A new breed of yeast helps stop diarrhea

Antibiotics save lives, no doubt about that. But some people treated with wide-spectrum or multiple antibiotics develop stubborn diarrhea because the drugs wipe out beneficial intestinal bacteria. Live-culture yogurt and acidophilus milk (both with *lactobacillus* bacteria) have been used to help stop this kind of diarrhea. But now researchers think a yeast called *Saccharomyces boulardii* may quell the malady even better.

The yeast in pill form is a popular prescription drug in Europe. Tested recently at the University of Washington, it was found to absorb toxins and decrease the numbers of "bad" bacteria in the intestines. If all goes well, the product should be available in the United States in two or three years.



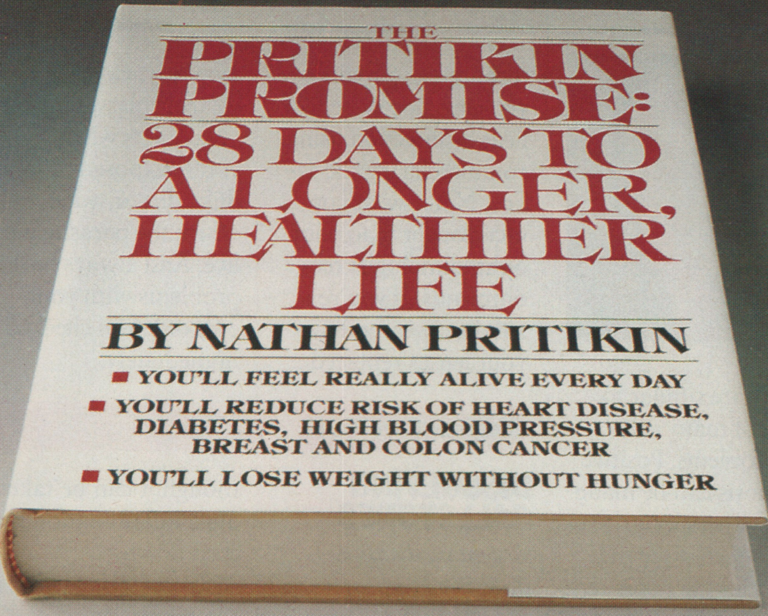
MAKING CONTACTS SAFE

Mishandling lenses can cause dangerous infection

If you wear contact lenses, keep an eye out for *Acanthamoeba* keratitis, an infection caused by microorganisms that can lurk in nonsterile water. This rare but painful and potentially blinding disease is on the rise, yet doctors say proper prevention could all but eliminate it.

What makes *Acanthamoeba* keratitis so dangerous is that it's often not detected in its early stages. Its symptoms—eye pain, irritation, blurred vision and sensitivity to

BILL FRAMPTON



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PROMISE:
28 DAYS TO
A LONGER,
HEALTHIER
LIFE

BY NATHAN PRITIKIN

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Pritikin
Pritikin
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OIL FREE SALT FREE NO SUGAR ADDED
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Pritikin
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REDUCED SODIUM NO FAT ADDED
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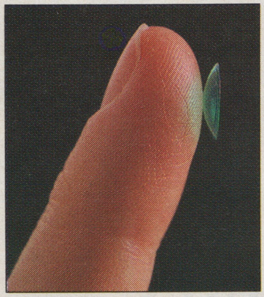

light—are similar to those of many other eye problems. Positive diagnosis can be made only with a special laboratory technique that identifies the parasite. In addition, the disease is often difficult to treat, sometimes requiring cornea transplants.

Most cases are associated with using homemade saline solutions of distilled water and salt tablets to clean and store contact lenses. Economical, yes. Safe, no. Sterilizing the saline solution at home is difficult or impossible for most people.

Experts offer the following advice for reducing the risk of the disease. Use one of the two proper sterilizing techniques: a hydrogen peroxide system or heat disinfection using commercial, sterile saline. Never wear contacts longer than your ophthalmologist recommends. If you're a soft lens wearer, have your lenses replaced regularly. Consider wearing glasses instead of contacts when you're exposed to dust, dirt or water, where the parasite may live. And always have problems with your eyes or lenses checked immediately.

Medical-Care News

DISSOLVING GALLSTONES

A new medication does it better, safer

A new prescription drug has become the best medication available for slowly dissolving small-to-medium gallstones. It may even eliminate the need for surgery in some people.

The drug, Actigall (from Ciba-Geigy), is derived from a naturally occurring bile acid and can be taken for up to two years. It's used for cholesterol stones, the most common type. It's *not* meant to be used during an acute attack, although it can be taken after inflammation has died down.

Its only side effect is temporary diarrhea. An earlier gallstone-dissolving drug, Chenix, is no longer used because it often caused liver damage.

PMS PILL

Antibiotics may rescue some women from monthly misery

Some women who think they're suffering from premenstrual syndrome (PMS) may actually have a bacterial infection that can be knocked out by antibiotic treatment, say

WALTER HODGES / APERTURE PHOTOBANK

Food for thought.

Whip
Whip
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more fat
fewer calories
more calories
tangy zip
no tangy zip
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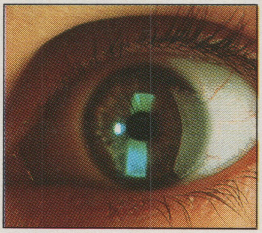
researchers at Cornell University Medical College.

The scientists found that in 15 women doxycycline—an antibiotic that works against a variety of bacteria—relieved symptoms such as swelling, pain, irritability and depression after only one month of treatment. Fifteen women who received a placebo (inactive pill) had much less symptom relief. A standard PMS questionnaire was used to measure the women's symptoms before and after treatment. Follow-up testing six months later indicated the women's relief was permanent.

BUTCH MARTIN / THE IMAGE BANK

"We asked the women when their symptoms began, and all of them could name a specific starting point—a sexual encounter, a pregnancy-related D & C or childbirth," says researcher Diana Adams, M.D. "We suspect they were exposed at those times to a bacterial infection (probably *Chlamydia trachomatis*) that lodged in their uterus or ovaries. The infection may have been so mild—no fever, no pain—the women didn't even know they had it. But it could inflame the ovary capsule and uterine lining enough to interfere with hormone output and cause PMS symptoms."

The researchers recommend an endometrial (uterine lining) biopsy for women who haven't found relief in other PMS treatments. Only this testing can confirm an internal bacterial infection, they say.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SOUND EYE TREATMENT

FDA approves use of ultrasound for glaucoma

A new ultrasound device to treat glaucoma, the high-eye-pressure disease, has been approved by the U.S. Food and Drug Administration. One glaucoma expert believes the treatment could prevent many of the 5,500 cases of blindness the disease causes each year.

Here's how it works: A probe placed over the eye releases pulses of high-intensity sound waves. The waves do two things: They create small pores in the whites of the eye, releasing the built-up fluid that increases pressure. And they decrease the eye's

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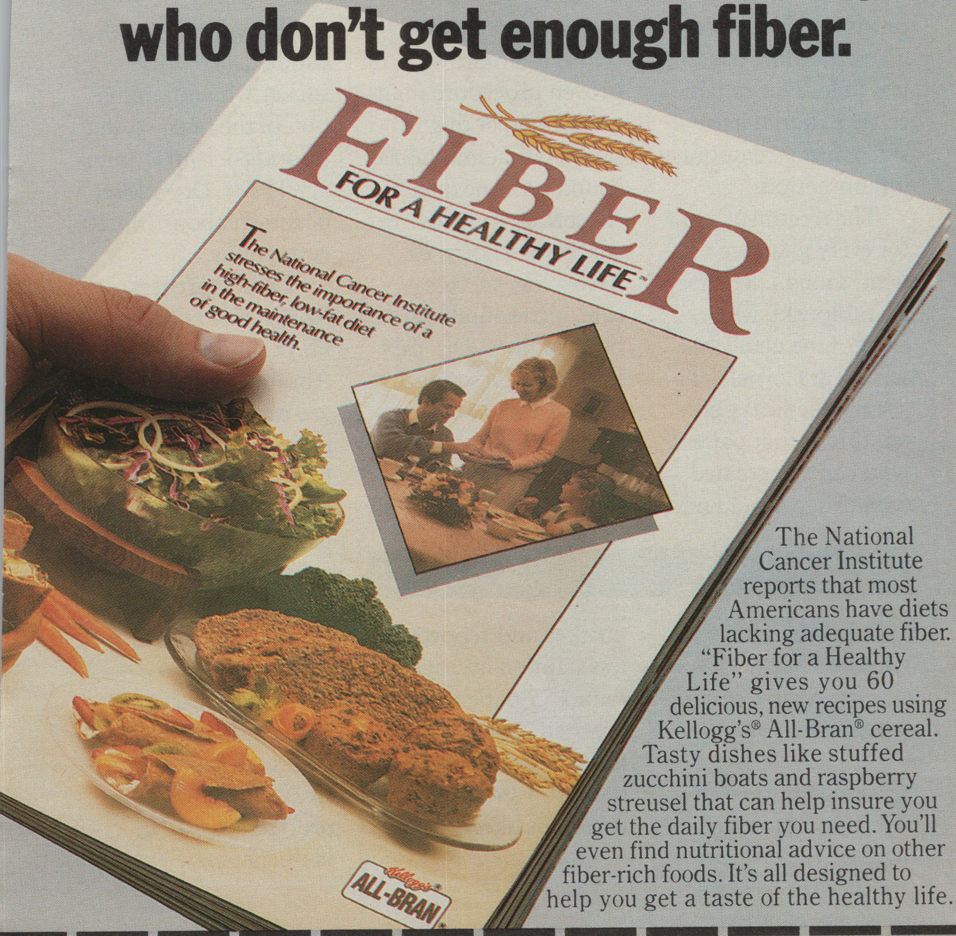
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production of fluid. The procedure is painless (a local anesthetic is used), and the usual side effect is temporary inflammation.

The treatment's not for every glaucoma patient, though. Michael E. Yablonski, M.D., chief of the glaucoma service at Cornell University Medical Center, thinks that patients who can't be treated with drugs should next turn to laser surgery, which is a more proven procedure than ultrasound at this point. If that fails, ultrasound is the next step. (In certain cases where surgery is known to have a low success rate, ultrasound may be used first.) Dr. Yablonski believes that the new treatment can correct 70 to 75 percent of the glaucoma cases that surgery can't.

Your Healthy Smile

PULLING TEETH

Vitamin C may speed healing, reduce complications and pain

Taking extra vitamin C may lead to a quicker, easier recovery after tooth extractions, a preliminary study from the University of Miami suggests.

In the study, 277 patients who took vitamin C supplements (500 to 1,000 milligrams daily) for a period of one week after an extraction, healed quicker and reported less pain on average than 175 patients who received none. More important, those taking vitamin C were five times less likely to suffer the painful complication called "dry socket," an inflammation of the open socket (*Florida Scientist*, January 1988). Dry socket occurs in about 1 in 20 extractions.

The researchers, Robert A. Halberstein, Ph.D., and Glenn M. Abrahmsohn, D.D.S., are now doing a 400-patient follow-up comparing the effectiveness of vitamin C versus a placebo (inactive look-alike). Early results with the first 120 patients confirm the previous findings.

The researchers also note no side effects. "This is a safe, inexpensive over-the-counter product," says Dr. Halberstein.

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NIGHT GRINDS

Your sleeping position could be wearing on your teeth

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should note your position. Sleeping on your stomach or side may be the cause.

"These positions can put unnatural pressure on the face; the teeth grind in order to compensate," says Tom Colquitt, D.D.S., of Shreveport, Louisiana, a leading bruxism researcher. (Stress is considered the other main cause of bruxism.)

To stop the grinding and prevent the excessive tooth wear it causes, dentists suggest you try sleeping on your back, since this position puts the least strain on the mouth. John C. Brown, D.D.S., president of the Academy of General Dentistry, believes most people can adapt to the new position in three to four nights.

If you must sleep on your side, try placing a contoured foam pillow under your face with another pillow under your free arm. This will reduce strain on the neck and jaw and prevent you from rolling into a bad position.

If you suspect you have a bruxism problem but aren't sure, check with your dentist. He or she can check for abnormal tooth wear. Or have someone watch you when you sleep to detect grinding.

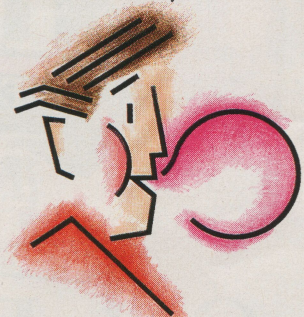
ANGELO CAGGIANO

WHEN TO CHEW

Sugarless gum may help reduce cavities; the key is good timing

Many dentists advocate chewing sugarless gum after a meal because it produces saliva that neutralizes cavity-causing acids. Now a preliminary study from the Indiana School of Dentistry suggests you'll get the best results if you follow the rule of 5 and 15: Pop in a stick of gum within 5 minutes after you've finished eating, and chew for at least 15 minutes.

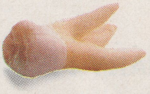
The researchers hit upon that timetable when they used a special device to measure mouth acidity levels.



"You can't always brush after a meal," says Kichuel K. Park, D.D.S., Ph.D., associate professor of preventive dentistry and lead researcher on the study. "But chewing sugarless gum is the next best thing."

Edited by Joe Mullich

BILL FRAMPTON



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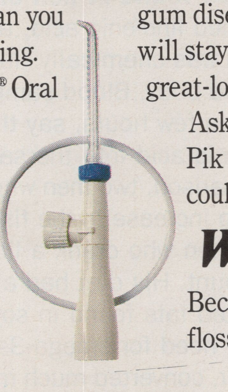

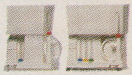

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NUTRITION NEWS

Research bulletins on the frontier of food and nutrition science

PRELIMINARY FINDINGS . . . In a recent study at the University of Western Ontario, researchers compared 175 cataract patients with 175 people who were cataract-free. All were asked about their intake of supplementary vitamins. **The people without cataracts had taken significantly more supplementary vitamin C and/or E than the cataract patients**, the researchers found. Analysis of the data showed that people taking 300 to 600 milligrams of supplementary vitamin C per day had a 70 percent reduction in their risk of developing cataracts. People who took vitamin E (400 international units daily) had a 54 percent lower risk. Previous studies have also hinted at a connection between these vitamins and cataracts. The evidence from this observation is tentative but strong enough, the researchers feel, that a clinical trial should be undertaken to explore the role of vitamin supplementation in preventing cataracts.

Researchers at the U.S. Department of Agriculture's Northern Regional Research Center in Peoria, Illinois, report that **one of the fatty acids in soybean oil may be converted by the body into the same kind of heart-healthy fatty acids found in fish oil**. Two healthy men were fed milkshakes that contained linolenic acid, a fatty acid found in soybean oil. The linolenic acid was chemically "labeled" so the scientists could trace its activity in the body. Blood samples were taken periodically for three days. Within a few hours, say the researchers, the men began converting the linolenic acid into the same omega-3 fatty acids as those in fish oil. By comparison, two men who drank milkshakes without linolenic acid showed no increase in the fish-oil-type fatty acids. Interestingly, one of the two men who drank a linolenic-containing shake converted only a trace amount. His diet had already been higher than normal in the polyunsaturated fats found in soybean oil. The researchers theorize that his dietary need for omega-3s may already have been met. The other man, however, converted much more of the linolenic acid. His diet, it turns out, had been higher in saturated fat. "We calculate that this man could derive from his normal diet the same amount of omega-3

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fatty acids as found in one or two fish-oil capsules daily," says chemist Edward A. Emken, Ph.D., one of the researchers. Further studies are in progress. Note: Liquid (nonhydrogenated) soybean oil, which is commonly used to make salad dressing, contains about 7 to 8 percent linolenic acid. Canola oil (made from rapeseed) contains about 10 to 11 percent; corn oil, 0.1 percent; olive oil, 0 percent; safflower oil, a trace; peanut, sunflower and cottonseed oil, none.

Researchers in Japan have reported that a form of the B vitamin choline (called CDP-choline), may be a useful treatment for victims of moderate to severe stroke. A total of 272 patients, including 183 men and 89 women aged 29–90, were studied. All had suffered a stroke within the previous 14 days, and experienced mild to moderate mental impairment. In this study, some patients received 1,000 milligrams of CDP-choline intravenously, while others received an intravenous placebo. After 14 days, 52 percent of the CDP-choline group showed improvement, in contrast to 26 percent in the placebo group. The researchers suggest that CDP-choline may help repair damaged cell membranes. And a follow-up 18 months later found that **subjects who received CDP-choline suffered fewer fatalities** (*Stroke*, February 1988).

CONFIRMING EVIDENCE . . . Several studies have suggested that dietary calcium may protect against colon cancer. A recent population study adds to the evidence. Researchers at the University of Utah School of Medicine compared 231 people diagnosed with colon cancer with 391 people without cancer. The scientists collected data on both groups' food intake for the two-year period before the cancer diagnosis or before the study. **The people without colon cancer had a higher intake of calcium than those diagnosed with the disease.** In addition, calcium intake appeared more protective for men than for women. The study participants were all Utah residents, where the population has a lower rate of colon cancer and a higher calcium intake than the U.S. average. (They consume more than the Recommended Dietary Allowance of 800 milligrams per day.) The study also added to previous evidence that a high-fat diet increases the risk of colon cancer. The researchers theorize that calcium may slow colon cancer development by binding with fats and bile acids that could cause bowel tumors (*American Journal of Epidemiology*, September 1988). ■

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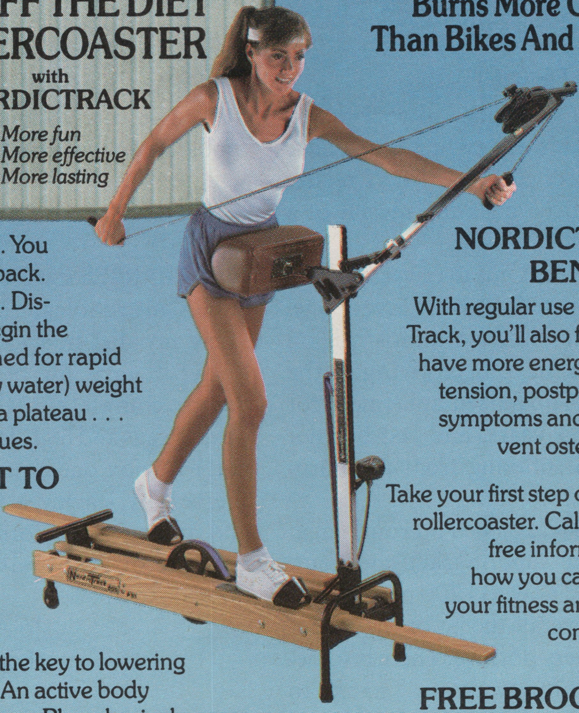

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MAILBAG

Letters from *Prevention* readers and walking-club members

WE TRY HARDER

I have just subscribed to your magazine. This is the very first time I have read it cover to cover. And I realize that I've been cheating myself of a good thing.

At age 40, I am overweight, have just separated from a loved one, have three children almost all on their own, have been living in the same city-subsidized apartment for the past 15 years, and last but not least—am suffering from job burnout. Bleak?

Not quite. I picked up your magazine at the supermarket checkout, read it, and now feel 200 percent better. The overall theme of the magazine is so very positive. There is something in it for everyone. Thanks to all those involved with *Prevention* for a job well done.

Valerie Chelley
Brooklyn, N.Y.

KNOWING VS. DOING

I *know* the benefits of exercise and healthy diet, but *knowing* and *practicing* have been two different stories. Thanks to your magazine, though, my husband and I have made vast improvements in our lives. You have us walking after meals and eating low-fat, high-fiber foods. Thank you for all you do.

Arleen Colunio
Elmira, N.Y.

DIET CHANGES PAID OFF

When my cholesterol hit 269, I knew my diet had to change right away! I gave up butter and ice cream completely. Gone are the days of eggs and high-fat cheese. Presently I enjoy oat-bran muffins and sherbet. By leaving a few items out and adding a few to my meals, my cholesterol count has dropped 62 points—to 207!

Jo Ann Davidson
Logansport, Ind.

STOPPING SUN-STRUCK COLD SORES

Swimming, hiking and fishing trips used to be ruined for me. One day in the sun and I'd get a cold sore that made my whole lip raw. Now I have control of the situation. During the day, I coat my lips with sunscreen. At night, I dab them with tincture of myrrh.

Del Wininger
Stockton, Calif.

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Editor: *Your home remedy is right on target. Sunscreen limits your exposure to ultraviolet light, a known cold-sore aggravator. And herb experts recommend myrrh as an antiseptic. A myrrh tincture (alcoholic solution) is considered an effective mouthwash and gargle.*

REVIVING THE MILK BATH

I have a lot of allergies and very sensitive skin. During the winter it's hard for me to bathe without getting dry skin. Commercial bath oils make the tub dangerously slippery, and oatmeal types get it dirty. So my solution is to add a glass of milk to the bath water. It keeps my skin moist without irritation.

Keith Marquardt
Plattsmouth, Neb.

Editor: *Thanks for reminding us of an old, tried-and-true dry-skin aid! Milk protein helps soften and moisturize skin.*

ACIDOPHILUS TO THE RESCUE

Taking *Lactobacillus acidophilus* capsules stopped the cold sores I'd get on my nose and upper lip after an allergy attack ("Dictionary of Healing Techniques and Remedies," June 1988). I can hardly believe that something so simple and inexpensive works so well!

Rosemary Beeching
Dayton, Ohio

Editor: *Some people believe that acidophilus has an antiviral action. This "friendly" bacteria can be found in live-culture yogurt and over-the-counter acidophilus tablets, capsules, liquid and powder.*

YOU *CAN* EAT IT RAW

I've been making lots of fresh vegetable salads. But I read recently that raw asparagus contains toxins. Is this true?

M.L. Ehmcke
Denver, Colo.

Editor: *Yes. All plants contain natural toxins, say food chemists at the U.S. Department of Agriculture. But the level of toxins in asparagus, raw or cooked, is negligible.*

STOPPING KIDNEY STONES

I am 71 years old. At age 38, I experienced my first kidney stone. Over the next 33 years I had over 100 stones! I was in the hospital 27 times, had 22 cystoscopies and five incisions! I was diagnosed as having 100 percent calcium stones.

About 15 years ago I read in *Prevention* about taking magnesium and vitamin B_6 to reduce kidney stone formation. I started to take them, and I haven't had a stone since.

Eddie Blissett
Griffin, Ga.

Editor: *We think this cure definitely deserves a closer look.*

Continued on page 138

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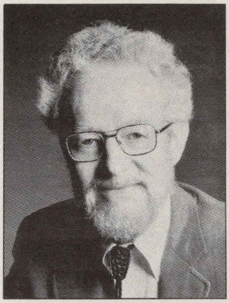
GOING FOR THE GREAT-TASTE HEALTH DIET

How to follow your palate all the way to good health ▪ *by Robert Rodale*



I'M A VERY LUCKY person: Most of the food I get to eat at home tastes great. The reason is that I live on a farm, and we grow much of our food ourselves. From the garden we get an amazing variety of top-tasting vegetables from early spring to late fall. Plus we've figured out how to grow tasty salad greens in winter. Our own grapes are the best around. And we enjoy picking wild raspberries in summer and our own luscious persimmons in October.

The result is that the power of the palate, the deliciousness of all this food, draws me into a supremely healthful diet—one loaded with lots of low-sodium, low-fat, high-fiber, nutrient-rich produce. I call this regimen the Great-Taste Health Diet. And I think many people could adopt it and love it—even if they don't live on a farm or grow their own food.

This diet has big advantages. Because it's low in fat and sodium and high in fiber, it may reduce the risk of heart disease, hypertension, certain cancers and other chronic diseases. Because fruits and vegetables generally pack fewer calories per ounce than fattier foods, the diet may be a powerful force for weight control. Because eating a variety of produce gives you lots of vitamins and minerals, this eating plan is likely to meet or exceed the Recommended Dietary Allowances. And because it's brazenly based on gustatory delight, there's a built-in motivational factor that helps you stick to the plan. For me, it's hard *not* to stick to it—the food is too good to ignore.

IN SEARCH OF GOOD TASTE

One problem with this diet, though, is that it's tougher for most Americans to get good-tasting produce. We have gotten used to eating tomatoes that taste like high-grade cardboard. And a lot of our American-grown fruits and vegetables aren't

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much better. Somehow, taste has become a low priority to many of our large-scale food producers. America is becoming the land of the bland.

A proof of this "taste crisis" in our food is the rising tide of food imports. Now we're eating ever-larger amounts of food grown in other countries. And the reason is simple: It tastes better.

I recently served on a farm-industry study group looking at the long-term future of American farming. In those discussions, the poor quality of many products was mentioned as a stumbling block to future U.S. farm success. Which means that the poor flavor of some food grown here is a growing national economic problem.

BRINGING BACK DELICIOUS

So if you don't grow your own, what can you do to obtain the ingredients for your own Great-Taste Health Diet?

The standard answer is that people should either stop buying poor food or complain to the store. But because of the limited and disjointed nature of such grass-roots efforts, the message isn't heard loud enough in the places where true action can be taken. There are much more positive approaches.

One is to buy directly from local farmers whose produce passes your taste test. Buy at farmers' markets if you can. This kind of creative shopping can encourage farmers located near cities to profit from local sales of better-tasting food.

A long-term approach is to try to reach the research people who could help develop better-tasting food. The scientists include taste in their priority checklist, but often somewhere near the bottom. There are, however, special people and institutions open to the idea of using science in the search for more appealing food. They need all the encouragement they can get.

We're ready to help you do some of this encouraging, if you have the urge to act. Rodale Press has developed many good contacts in Washington, D.C., and in the state universities, as part of farm publishing and research work. Plus, we're working to get the restaurant industry and the new health-conscious chefs involved in the taste issue. If we build a coalition of the public and the leaders of the food world on the taste issue, we can really start to get some action.

So if you're interested in having a voice in this push for the palate, write to Taste Challenge, *Prevention*, 33 E. Minor St., Emmaus, PA 18098. We'll send you information about how to express your wishes to the people who count.

Robert Rodale

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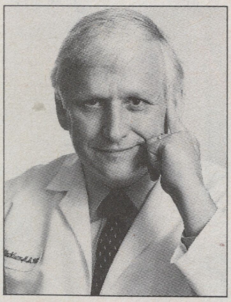
THE ANTI-ARTHRITIS DIET

Eating the right fats may help ease joint pain ▨ *by George L. Blackburn, M.D., Ph.D.*



"FIRE IN THE joints." That is what the word arthritis means—and what arthritis feels like—to millions of Americans.

The fiery pain is caused by inflammation, the common symptom of the two main kinds of arthritis. *Osteoarthritis* is a wear-and-tear disease that affects people as they age; bone cartilage wears down, triggering inflammation of the surrounding joint. *Rheumatoid arthritis* can strike young and old. It's a whole-body disease in which the immune system attacks the body's own tissues. Joint inflammation is just one symptom.

Although there is no cure for arthritis, a variety of medications are prescribed to alleviate the inflammation and pain, such as aspirin and ibuprofen. While these drugs are a boon to arthritis sufferers, they can have side effects. So it makes sense to get by with as little medication as possible.

One way to cut down on the need for medication may be to follow a diet that reduces inflammation. There is now scientific evidence that what you eat may make a difference in quenching the fires of both kinds of arthritis. (Just be sure to discuss any changes in diet or medication with your physician before taking action.)

FIGHTING FIRE WITH FISH OIL

The foods you eat—in particular, the forms of fat—may affect the level of inflammation, recent studies show.

The inflammation of arthritis is fed by certain prostaglandins, hormonelike substances that our bodies produce from fatty acids in the foods we eat. Most vegetable oils are rich in the class of fatty acids known as omega-6s, including linoleic acid and arachidonic acid. These fatty acids create the inflammatory prostaglandin called leukotriene. (Aspirin and other non-

Dr. Blackburn is an associate professor of surgery at Harvard Medical School and chief of the Nutrition/Metabolism Laboratory with the Cancer Research Institute at New England Deaconess Hospital, Boston.

steroidal anti-inflammatory drugs work by blocking the formation of leukotriene.)

But fish oil contains different fatty acids, the class known as omega-3s. In the body, omega-3 fatty acids compete with linoleic and arachidonic acid to create a different type of prostaglandin that doesn't trigger inflammation.

Studies of the effect of fish oil on people with arthritis seem to support this. In one study, for example, researchers examined the effects of fish oil on the symptoms of 33 patients with class 1, 2 or 3 rheumatoid arthritis. (There are four classes of rheumatoid arthritis, with class 1 being the mildest form.)

Before the study began, all the sub-

Continued on page 111

A tasty prescription: The fish oil in tuna steak may help reduce inflammation.

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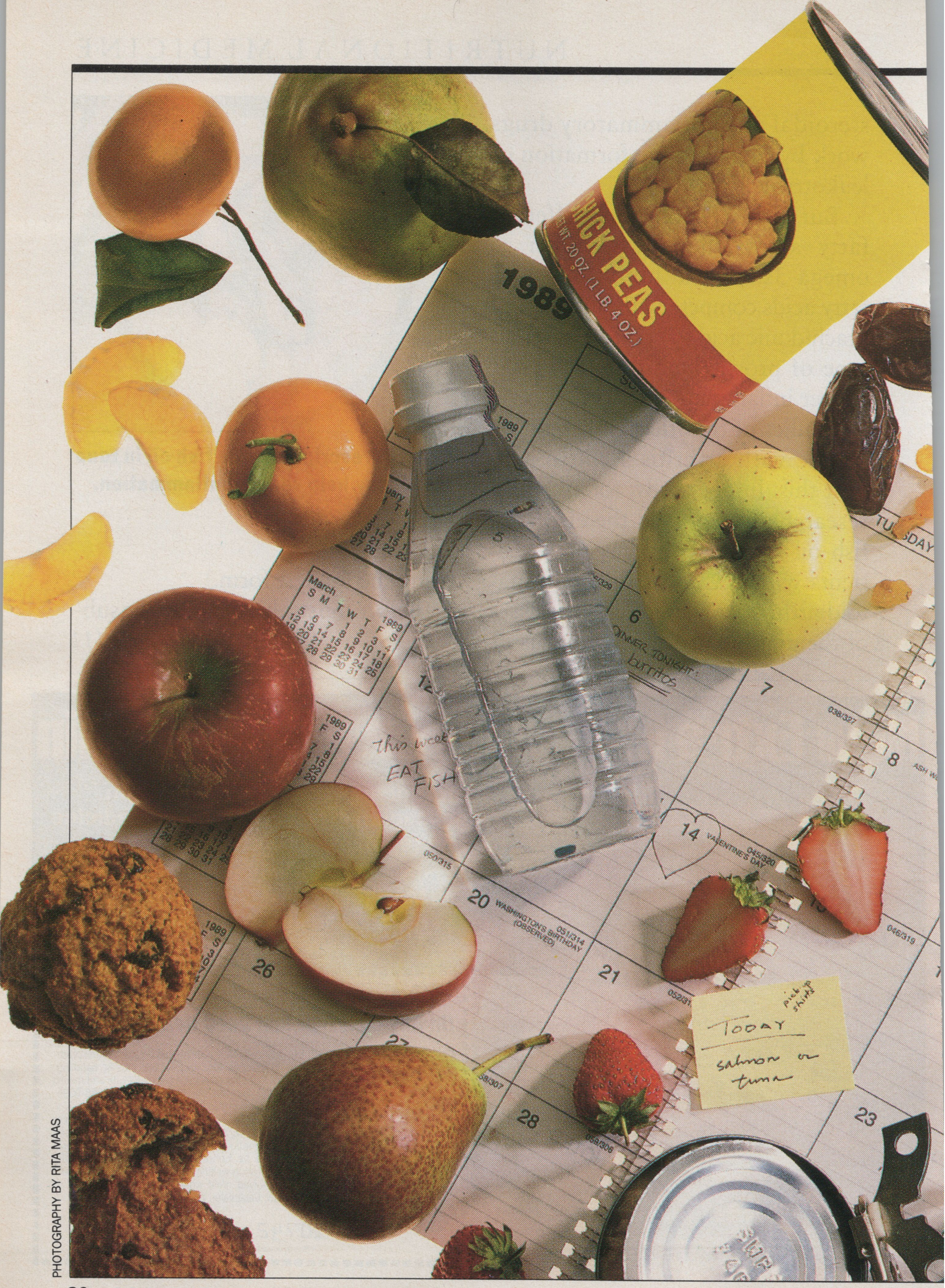
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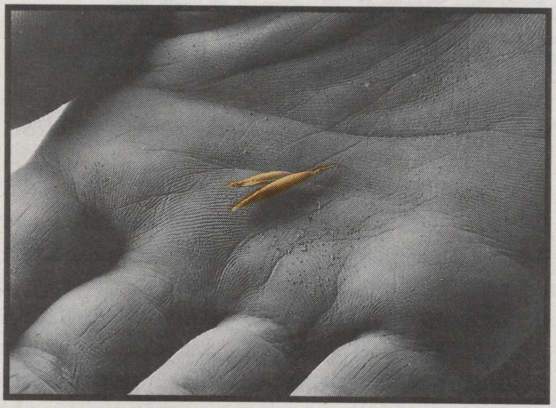
CUT YOUR CHOLESTEROL
30 POINTS IN 30 DAYS

An easy dietary program for quick results

HALF OF US HAVE BLOOD cholesterol levels over 200, enough to increase our risk for heart disease. Many of us have levels that exceed 250 or 300, putting us at very high risk. If only we had an easy solution to this cholesterol overload—a way to cut cholesterol quickly and safely.

Good news! In recent months we've had dramatic confirmation that all this is within our reach. In fact, based on the latest groundbreaking research by *Prevention* editorial advisor James W. Anderson,

WEDNESDAY
THURSDAY
FRIDAY
FEBRUARY
2
3
9
4
OAT BRAN MUFFINS



THIS LITTLE PIECE OF GRAIN HOLDS AN AMAZING HEALTH STORY.

FROM OATS COMES A WAY TO HELP LOWER CHOLESTEROL. OAT BRAN.

You may not think you have a cholesterol problem, but over 50% of all adults have elevated cholesterol. For children, it's as much as 25%. Years of eating a diet high in fat and cholesterol is one of the major causes. So changing to a diet lower in both can help. And including oat bran in that diet is a step in the right direction. This little piece of the grain contains the highest amount of soluble fiber of any grain. And that's the important part. Because some studies suggest a diet high in soluble fiber—and low in fat—may help bring elevated cholesterol down to a healthier level.

LOWERING YOUR CHOLESTEROL CAN HELP LOWER YOUR RISK OF HEART DISEASE.

Why do you want lower cholesterol? Very simply, for the sake of your heart and cardiovascular system. Left unchecked, cholesterol that the body can't handle collects on the inside walls of the arteries. It can build and build until your arteries become clogged. The result? Heart attack and other cardiovascular problems. But a diet low in fat and high in soluble fiber (foods like oat bran, beans and fruit) may help lower high cholesterol levels and help you counteract this problem.

MAKE OAT BRAN PART OF YOUR DIET FOR A HEALTHY LIFE.

As you can see, it makes a lot of sense to include oat bran in your low-fat diet. One of the easiest ways to do that is at breakfast. So enjoy cereals made from oat bran with skim milk, fresh fruit and whole wheat toast. You'll be getting a delicious meal low in fat and cholesterol, low in calories and high in fiber and carbohydrates. And you'll be good to your heart too.

This message brought to you by Kellogg's, where a healthy breakfast starts.

For more information on lowering blood cholesterol, look for details on packages of Kellogg's Squares™ and Kellogg's Common Sense™ Oat Bran cereal. Also, to receive a Health Passport from the American Health Foundation, a special brochure on cholesterol and coupons for Kellogg's® cereals, write to:

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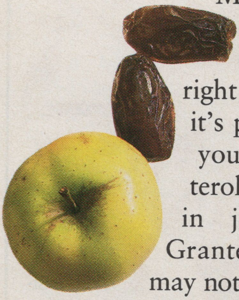


M.D., and others, the evidence is clear: With the right dietary factors, it's possible to drop your blood cholesterol level 30 points in just 30 days! Granted, some of us may not experience such dramatic results. On the other hand, some of us may fare even better!

Your likelihood of dropping 30 points in 30 days depends on many individual factors, including your current cholesterol level. If your blood cholesterol is under 200 (considered a safe level), your blood cholesterol probably won't drop much further.

The higher your blood cholesterol, however, the more it's likely to drop in response to these dietary changes. In other words, people who have the most to lose—those with the highest cholesterol readings—have the most to gain by following this program.

MAGIC BEANS—AND OAT BRAN

The cornerstone of this cholesterol cure is *soluble* fiber. So called because it dissolves in water, soluble fiber (prevalent in oat bran and beans) is the star of the latest cholesterol-lowering research (*American Journal of Clinical Nutrition*, vol. 48, no. 3).

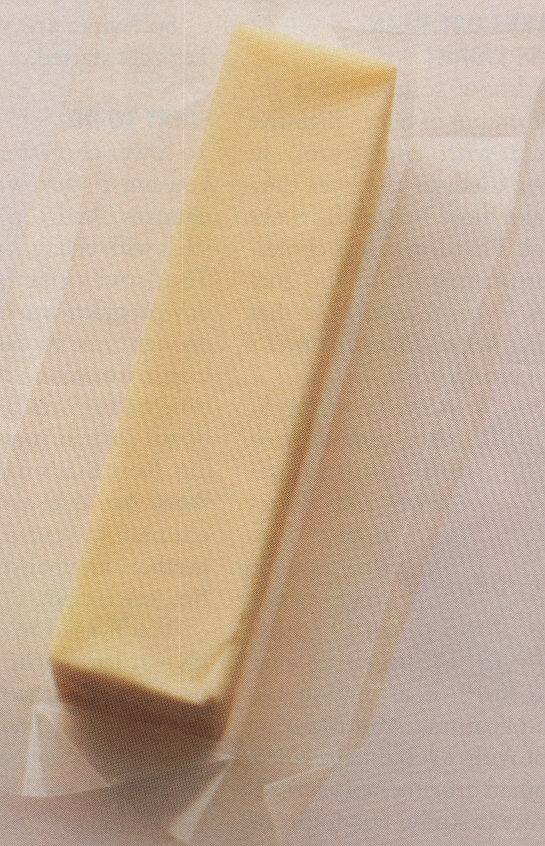
In one study, for instance, Dr. Anderson's team studied 20 men, aged 34 to 66, with an average cholesterol level of 260. The men split into two groups. For three weeks, one group added 1½ cups of pinto and navy beans (cooked or in soup) to their daily diets. The other group added a cup of dry oat bran—served as hot cereal and in five muffins—each day.

The men's total cholesterol fell, on average, 60 points. LDL—the "bad" cholesterol known to cause heart disease—dropped 46 points (*American Journal of Clinical Nutrition*, vol. 40, no. 6).

In another study, Dr. Anderson looked at 10 men with cholesterol levels averaging 309 to see how oat bran and beans work in the long run. Six months into the study, the men's cholesterol had dropped an average of 76 points. Their LDL averaged 52 points lower.

In men who were monitored for two years, cholesterol and LDL had fallen slightly more. And HDL, the "good" cholesterol linked to heart health, had gained three points, another indicator of improved protection from heart disease (*Journal of the Canadian Dietetic Association*, April 1984).

Although Dr. Anderson's studies were small and sometimes lacked a control group, he has duplicated his results many times.



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WHAT MAKES OAT BRAN AND BEANS WORK?

Scientists know soluble fiber increases the output of bile (a digestive fluid made with cholesterol) in stool. They theorize the liver then has to make more bile, using more cholesterol. That leaves less cholesterol to circulate in blood and gum up arteries. Other theories hold that soluble fiber helps reduce the liver's cholesterol production.

However they work, beans and oats generally do so with fewer side effects than cholesterol-lowering drugs, which can cause liver problems, constipation and other complications. And lowering cholesterol with soluble fiber is less expensive than drug therapy, according to a recent study. For someone with cholesterol over 265, a year's supply of cholestyramine costs $1,442; colestipol, $879. A year on oat bran, by comparison, costs only $248 (*Journal of the American Medical Association*, April 15, 1988).

Here's one last reason to supplement your diet with oat bran and beans in preference to drug therapy: They taste good. Just whip up some of Dr. Anderson's recipes and taste for yourself.

So, what are you waiting for? Let's get started.

WHAT TO DO

To lower cholesterol permanently, you must stick with these dietary changes. And you're most likely to stick with changes you make slowly. That's why our four-week or 30-day program works so well. It's just enough time to ease into a healthy transformation. And it's enough time to register a significant (30-point) drop in your cholesterol reading. Now that's motivation!

Week One Add about 1/3 cup of dry oat bran to your daily diet. You can get that amount in two oat-bran muffins (see recipe).

You'll need to drink lots of fluids—at least eight glasses a day. Fiber normally draws water into the intestine—that's how it softens stool. Without enough water, though, fiber sometimes blocks the intestine.

To round out the diet, Dr. Anderson recommends multivitamin and mineral supplements. There are two reasons. "First, many people may not get enough vitamins and minerals to begin with," says Dr. Anderson. "Second, since we don't know the long-term effects of fiber on vitamin and mineral absorption, we prescribe a supplement as a precaution." Take a daily supplement that delivers 100 percent of the RDA.

Week Two If your body has adjusted

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well to fiber so far, double your intake of soluble fiber. If you like oat bran, aim for $^2/_3$ cup of oat bran per day. To get this amount, you need to eat four oat-bran muffins or two muffins and $^1/_3$ cup of oat-bran cereal each day. (Just make sure you read the cereal labels; some are made with coconut oil, a saturated fat that raises cholesterol.)

If that sounds like a lot of oat bran, don't despair. You can meet your soluble-fiber quota by eating beans. One cup of cooked beans contains the same amount of soluble fiber as $^2/_3$ cup of oat bran. Better yet, eat oat bran *and* beans over the course of the day; two oat-bran muffins for breakfast and a bowl of chili (containing $^1/_2$ cup of cooked beans) for lunch, for example, will easily fit the bill.

Afraid you'll get bored with this diet? Don't be. Legumes are among the most versatile of all foods. Try bean burritos or a hearty bean soup.

YOUR CHOLESTEROL-CUTTING CALENDAR

WEEK ONE: Warm up to heart health and . . .

- Eat two oat-bran muffins *or* $^1/_3$ cup of dry oat-bran *or* $^1/_2$ cup cooked beans each day.
- Drink 8 glasses of water a day.
- Take a daily multivitamin-and-mineral supplement that delivers 100 percent of the RDAs.

WEEK TWO: Move into high cholesterol-cutting gear and . . .

- Eat two oat-bran muffins and $^1/_3$ cup of oat-bran cereal *or* $^2/_3$ cup of oat bran *or* $^1/_3$ cup of oat bran plus $^1/_2$ cup cooked beans *or* one cup cooked beans each day.
- Drink 8 glasses of water and take a multivitamin-and-mineral supplement daily.

WEEK THREE: Don't stop now, and continue to. . .

- Follow recommendations for Week Two.
- Defat your dairy products; choose skim and low-fat over whole-milk products.
- Don't eat more than two egg yolks a week.
- Snack on popcorn, pretzels, ginger snaps, vanilla wafers and fruit, especially prunes, raisins, figs, dates and apples.

WEEK FOUR: Keep up the good work and . . .

- Follow recommendations for Week Three.
- Eat fish twice a week.
- Choose the leanest cuts of red meat (avoid hamburger); substitute poultry when possible.
- Experiment with vegetarian meals, especially those with beans and pasta.
- Substitute olive or canola oil for other fats.

THIS SIMPLE ROUTINE CAN HELP SAVE LIVES.

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Toss kidney beans in pasta salad. Puree garbanzo beans with pickles and low-fat dressing to make a delightful sandwich spread. Or stir-fry vegetables with firm tofu (made from soybeans).(See box, “Dr. Anderson’s Bean Recipes.”) Dried or canned beans work just as well. Rinse canned beans before using, however, to reduce added salt.

Week Three Continue with the recommendations for Week Two. And now, concentrate on trimming the fat from your diet. Like soluble fiber, a low-fat diet lowers cholesterol and promotes overall good health.

Defat the dairy products you eat. Choose low-fat and nonfat milk over whole, ditto for yogurt, and use evaporated skim milk instead of heavy cream or half-and-half. Avoid high-fat Cheddar and cream cheeses. Instead, try ricotta, mozzarella and low-fat cottage cheese.

Limit your egg intake to two yolks a week. (Egg whites are fine; they don’t contain any cholesterol.)

On sandwiches, hold the mayo—that is, the regular, high-fat kind. Light mayonnaise and mustard are better alternatives. On salads, use low-fat dressings.

For snacks, eat air-popped popcorn, pretzels, ginger snaps and vanilla wafers. Don’t forget fruit—a good source of soluble fiber. Prunes, raisins, figs, dates and apples are good choices, says Dr. Anderson.

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Week Four Continue with the recommendations for Week Three. Meanwhile, take the final steps to fine-tune your low-fat diet. First, eat fish—a healthy alternative to red meat—at least two times a week. Look to cold-water fish, such as mackerel, tuna or salmon, which are rich in heart-healthy omega-3 fatty acids.

Second, select the leanest red-meat cuts, such as flank and tenderloin. Trim away all visible fat and remove skin from poultry. When possible, substitute poultry for red meat. In chili and lasagna, for instance, you can replace ground beef with ground turkey or chicken breast. Avoid fried foods; they're high in fat. When you must fry, "grease" the pan with a nonstick cooking spray.

Look to lean vegetarian dishes when you can. Think beans, of course, and pasta. Try whole-wheat lasagna or spaghetti with a low-fat sauce as the centerpiece. "It's always better to get a red sauce than a cream sauce," says Dr. Anderson. "Fettuccine Alfredo is very high-fat. But fettuccine with marinara sauce is good.

"In general, try to cut down on beef and dairy products," says Dr. Anderson. "With these moderate changes, you can achieve a diet of less than 30 percent fat."

Finally, whenever possible, substi-

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tute olive and canola oils—loaded with cholesterol-cutting monounsaturated fat—for other fats.

All this wouldn't amount to a hill of beans—or oat bran—if Dr. Anderson's diet were hard to stick to. It isn't. His patients have followed the diet for up to seven years—maintaining low cholesterol all along (*Postgraduate Medicine*, September 15, 1987).

by Andrew Roblin

DR. ANDERSON'S OAT-BRAN RECIPES

SMOOTHIE

5	**oz. plain low-fat yogurt**
½	**cup fruit juice (other than orange)**
½	**9-inch banana**
1	**heaping tsp. oat bran**
6	**ice cubes**

Combine all ingredients in a blender. Puree.

TURKEY BURGERS

1	**lb. ground lean turkey**
⅓	**cup oat bran**
•	**salt, pepper, garlic powder to taste**

Mix oat bran with ground turkey to consistency where burgers hold their shape. You may not need all the oat bran. Mix seasonings in while shaping four patties. Grill in heavy skillet using vegetable spray.

From Diabetes and Nutrition News, *James W. Anderson, M.D., editor ($6 per year, HCF Diabetes Foundation, P.O. Box 22124, Lexington, KY 40522).*

OAT-BRAN RAISIN MUFFINS

2½	**cups oat-bran cereal**
2	**tsp. brown sugar substitute**
½	**cup raisins**
1	**tbsp. baking powder**
½	**tsp. salt**
1	**cup skim milk**
4	**oz. egg whites or egg substitute**
1	**tbsp. vegetable oil**

1. Preheat oven to 425°. Spray the bottoms only of 10 medium-sized muffin cups with no-stick spray or line with paper baking cups. Combine dry ingredients.

2. Add milk, egg whites and oil, and mix just until dry ingredients are moistened. Fill prepared muffin cups ¾ full.

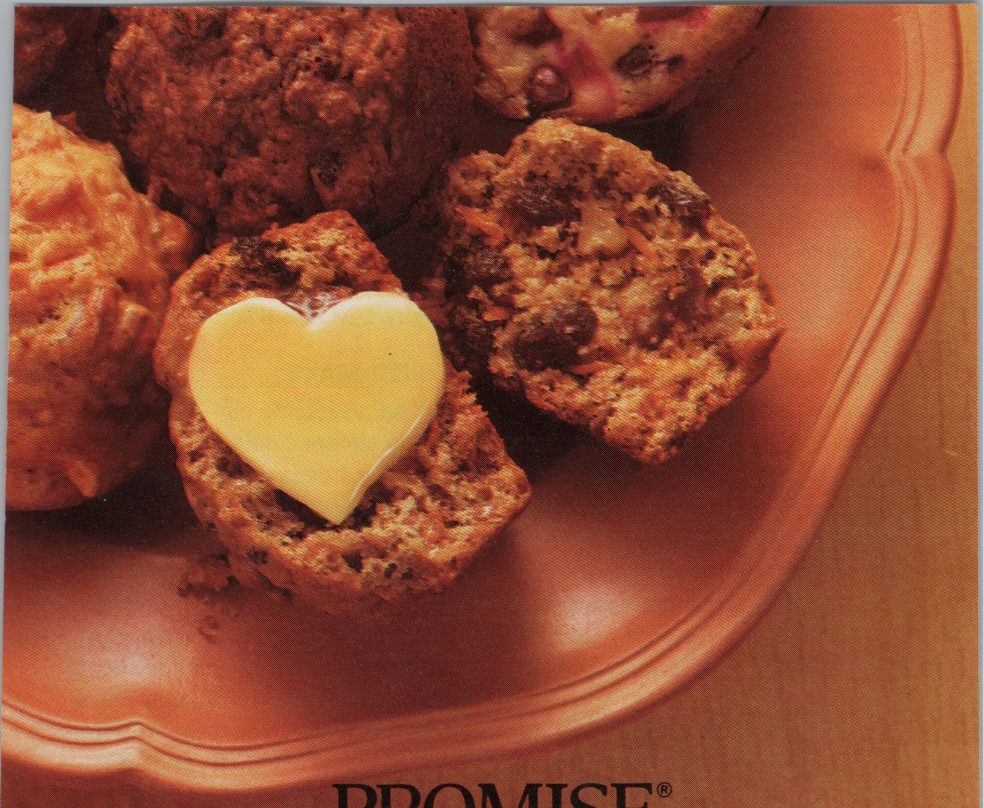
3. Bake at 425° for 17 minutes or until golden brown. **Makes 10 muffins.**

From the Specialized Diagnostic Treatment Unit, Veterans Administration Medical Center, Lexington, Kentucky.

DR. ANDERSON'S BEAN RECIPES

NINE-BEAN SOUP

2	**cups beans***
2	**quarts water**
1	**(1-lb.) ham bone**
1	**large onion, chopped**
1	**garlic clove, chopped**
2	**bay leaves**



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- **1 (16-oz.) can tomatoes, cut into bite-sized pieces**
- **1 (15-oz.) can seasoned tomato sauce**
- **½ tsp. dried leaf basil, if desired**
- **½ tsp. dried leaf oregano, if desired**

1. Wash and sort beans. Place in Dutch oven with enough water to cover by 2 inches. Let soak overnight.

2. Drain beans; add next 5 ingredients. Cover and bring to a boil. Reduce heat. Simmer for 1½ to 2 hours or until beans are tender.

3. Add remaining ingredients. Simmer 30 minutes. Remove ham bone and bay leaves. Serve hot. **Makes 6 servings.**

* Any of the varieties of your choice, such as black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, lima beans, mung beans, pinto beans, soybeans, split peas or white beans.

BEAN BURRITOS

- **4 cups refried beans (recipe below)**
- **8 (9-inch) flour tortillas**
- **½ cup chopped onion**
- **4 tsp. taco sauce (approx.)**
- **¼ cup shredded Cheddar cheese (1 oz.)**

1. Preheat oven to 200°. Add ⅔ cups refried beans to center of each flat tortilla. Spread onion over beans; push into beans. Sprinkle ½ teaspoon taco sauce over beans; sprinkle each with 1½ teaspoons cheese. Fold into oblong burritos; place on an ungreased baking sheet. Heat 15 to 20 minutes or until heated through.

2. Add additional taco sauce on top if desired. **Makes 8 servings.**

REFRIED BEANS

- **1 tbsp. vegetable oil**
- **1 cup chopped onion**
- **2 (16-oz.) cans pinto beans or red beans**
- **2 tsp. garlic salt**

In a large skillet, heat oil and cook onions until tender. Add beans and garlic salt. Mash beans with a potato masher. Cook over low heat, stirring frequently, 10 minutes or until dry. Serve as a side dish or use for bean burritos. **Makes 8 servings.**

CHICKEN/GARBANZO SANDWICH

- **1 (8-oz.) can garbanzo beans, drained, mashed**
- **2 oz. cooked chicken, diced**
- **½ cup minced carrots**
- **2 tsp. salad dressing**
- **¼ tsp. salt, if desired**
- **• dash each of pepper, ground sage and ground allspice**
- **4 slices whole-wheat bread, or two pita rounds cut in half**

Combine all ingredients except bread in a medium bowl. Mix thoroughly. Spread mixture on 2 bread slices; top with remaining slices and cut in half, or fill pita halves. **Makes 4 servings.**

CHILI CON CARNE

- **¼ lb. lean ground beef, turkey or chicken breast**
- **½ cup chopped onion**
- **1 garlic clove, minced**
- **• generous dash ground cumin**
- **1 (16-oz.) can kidney beans in tomato sauce**
- **½ cup canned tomatoes and green chilies**

1. In a medium saucepan, cook beef with onion, garlic and cumin over medium heat until beef is browned, stirring to break up meat.

2. Add remaining ingredients. Bring to a boil; reduce heat. Simmer, uncovered, 10 minutes, stirring occasionally to blend flavors. **Makes 3 cups or 3 main-dish servings.**

From Dr. Anderson's Life-Saving Diet, *James W. Anderson, M.D., The Body Press, Tucson, Arizona.*

OUR SOURCES: **James W. Anderson, M.D.,** *director of the endocrine section of the Veterans Administration Medical Center, professor of medicine and clinical nutrition at the University of Kentucky College of Medicine, Lexington, and principal researcher of several major studies of the cholesterol-lowering effects of oat bran and beans.* **Margo A. Denke, M.D.,** *fellow of the Center for Human Nutrition, University of Texas Southwestern, member of American Heart Association nutrition committee.* **Patti Bazel Geil, M.S., R.D.,** *nutrition research coordinator at the University of Kentucky College of Medicine, Lexington.*

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Delicious Recipes

Bran Apple Crisp

1 cup **Kellogg's® All-Bran®** cereal
½ cup whole wheat flour
¼ cup firmly packed brown sugar
¼ cup margarine
6 cups sliced, unpeeled baking apples
¼ cup granulated sugar
½ teaspoon cinnamon
Plain, low-fat yogurt (optional)

In medium-size mixing bowl, combine **Kellogg's All-Bran** cereal, flour and brown sugar. With pastry blender, cut in margarine until mixture resembles coarse crumbs. Set aside.

Mix together apples, granulated sugar and cinnamon. Place in shallow 2-quart baking dish. Sprinkle cereal mixture evenly over apples.

Bake at 325°F about 45 minutes or until apples are tender and cereal mixture has browned. Serve warm with a dollop of plain yogurt, if desired.

Yield: 8 servings. Per Serving: 200 Calories, 7g dietary fiber, 6g fat.

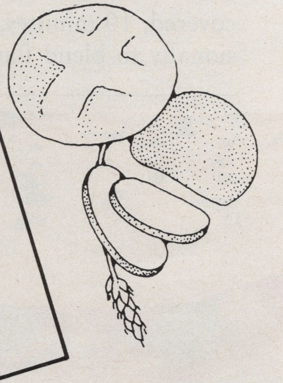
Feel Your Oats™ Oat Muffins

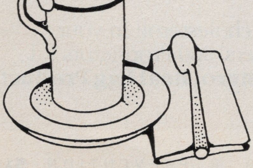
2 cups **Post®** Oat Flakes
1¼ cups all-purpose flour
¼ cup firmly packed brown sugar
1 tablespoon **Calumet®** Baking Powder
Dash of salt
1 egg, slightly beaten
1 cup skim milk
3 tablespoons oil
¼ teaspoon cinnamon

Mix 1½ cups cereal with the flour, sugar, baking powder and salt. Combine egg, milk and oil; add to flour mixture and mix just enough to moisten flour.

Fill greased muffin pans about two-thirds full. Combine remaining cereal and cinnamon. Sprinkle over muffins. Bake at 400° for 15 minutes until muffins spring back when lightly touched.

Yield: 12 muffins





Prune Orchard Energy Nog

1 cup (about 4 oz.) unflavored, low-fat yogurt
⅔ cup pitted prunes
⅔ cup apple juice
1 egg
1 tablespoon creamy peanut butter
1 tablespoon wheat germ (optional)
8 ice cubes

Blend all ingredients, except ice cubes, until smooth in container of electric blender. Scrape sides. With motor running, add ice cubes one at a time; blend until smooth.
Yield: 3 cups

From the California Prune Board

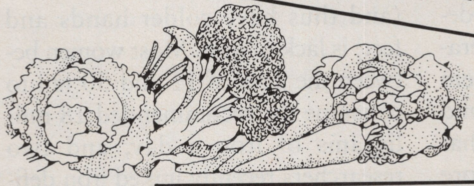
Advertisement

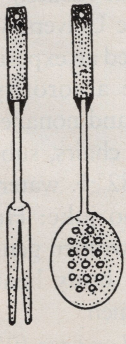
From Our Advertisers

Oriental Vegetables and Beef

- 1 lb. flank steak
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 2 teaspoons cornstarch
- 2 teaspoons minced fresh ginger
- 2 teaspoons minced garlic
- 4 oz. snow peas, trimmed
- 1 medium yellow squash, halved lengthwise cut into ¼″ pieces
- 1 small red bell pepper, seeded cut into ¼″ strips
- ½ teaspoon hot red pepper flakes
- 1 medium onion, cut into ½″ cubes
- **All Natural Pam Cooking Spray**

Slice steak into ¼″ strips. Mix the sherry, soy sauce, honey, cornstarch and half the ginger and garlic in bowl. Add steak and toss to coat. Spray skillet with **Pam** for about 2 seconds. Add remaining ginger, garlic and onion to skillet and saute over low heat for about 1 minute. Transfer to bowl. Add peas, squash and red pepper to skillet and stir-fry for about 3–4 minutes. Transfer vegetables to bowl. Add pepper flakes to meat. Add steak to skillet and stir-fry about 3 minutes. Return vegetables to skillet and stir-fry to reheat. Yield: 4 servings





Chicken Picante

- Vegetable cooking spray
- 2 ½-pound broiler-fryer, cut up and skinned
- 1 can (10¾ oz.) **Campbell's** condensed Special Request cream of chicken soup
- 1 tablespoon lemon juice
- ½ teaspoon paprika
- ¼ cup chopped sweet red pepper or pimento
- 2 tablespoons sliced pitted ripe olives, optional
- 1 tablespoon chopped fresh parsley
- Lemon slices for garnish

Spray 10-inch skillet with vegetable cooking spray. Over medium heat, cook chicken 10 minutes or until browned on all sides.

Stir in soup, lemon juice and paprika. Reduce heat to low. Cover; simmer 25 minutes, stirring occasionally.

Add red pepper, olives and parsley. Cover; cook 10 minutes or until chicken is fork-tender, stirring occasionally. Serve sauce over chicken. Garnish with lemon slices. Yield: 4 servings

SHIVER NO MORE

Chill-chasing tips to warm your cold hands and feet

WHAT COLD PROBLEM IS more common than the common cold? The answer is in your hands—and your feet. Everyone is bothered to some degree by cold hands and feet, but in most cases this cold condition is easier to remedy than sniffles and sneezes.

Most commonly, frigid fingers and toes result from a hemoglobin detour. When your core body temperature drops, your nervous system makes the tiny blood vessels around your hands and feet constrict. That redirects warming blood to a more important place, the internal organs.

Help for cold digits ranges from high-tech to low. Keep in mind, too, that certain medications can cool your body temperature. Consult your physician or pharmacist if you suspect a problem. Beyond that, there are a number of simple remedies anyone can benefit from. Here are the best chill-chasers we found.

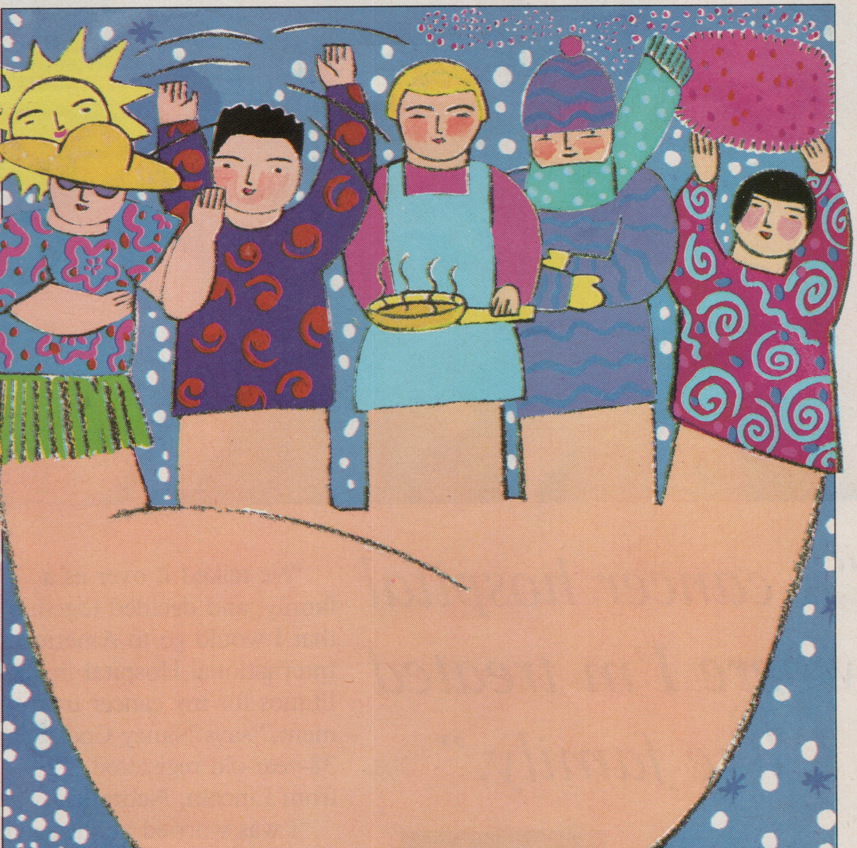
IRON IT OUT

All houses aren't insulated the same; neither are people. Some are more susceptible to cold hands and feet because their core body temperature is set lower or is more easily lowered than others. For instance, a woman's core body temperature is set three to four degrees lower than a man's, so women are more likely to get cold hands and feet than men.

Another reason that women might be naturally colder than men (and thus have colder hands and feet) is lack of iron. Most women between the ages of 11 and 50 fail to consume the recommended 18 milligrams of iron a day, and two researchers recently linked iron deficiency with lower core body temperature. (Iron plays an important role in forming hemoglobin, which helps blood carry oxygen to the tissues.)

At Pennsylvania State University, John Beard, Ph.D., created an experiment that looked like a sorority prank—he had anemic and nonanemic women sit in lawn chairs, submerged to the neck in 82° F. water. But the results were no joke: He found that the anemic women generated 13 percent less body heat than the nonanemic women.

Continued on page 105



KAREN BARBOUR

Nebraska
University of Nebraska
NU
23

"A cancer hospital where I'm treated like family."

"We talked it over as a family, and decided together that I would go to American International Hospital in Zion, Illinios for my cancer treatment," says Nancy Cockle, a 38-year-old registered nurse from Lincoln, Nebraska.

"I was worried about leaving my family. But once I got there, the doctors, the nurses, and the support staff were so warm and caring, that I started to accept them as new members of my own family.

"The hospital has a family atmosphere. I'm also very close to the other cancer patients. We visit and talk and support each other during our stays."

For more information or to speak with a cancer specialist, please call 1-800-FOR-HELP.

American International
Hospital Cancer Program
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THE BREATHE-EASY GUIDE TO ASTHMA RELIEF

Straight answers to the questions that asthmatics ask most ▪ *by Allan M. Weinstein, M.D.*

THE GOOD NEWS ABOUT asthma is that you can treat it, take charge of it, manage it so it doesn't manage you. The trick is to know what you're dealing with, to have the latest asthma facts and to be up on the newest and best treatments and preventives.

To that end we present a top asthma expert's timely answers to questions that asthma sufferers ask—or should ask—their own asthma doctor.

ILLUSTRATIONS BY EVE OLITSKY

How do I know if I have asthma? Asthma is best described as an obstruction of the airways leading to the lungs. As the airways narrow, breathing becomes more difficult, and a wheezing or cough occurs, the result of trying to force air out through these blocked air tubes. The condition is reversible with proper medication.

Clues that you might have asthma include a history of wheezing, coughing or chest tightness,

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Dr. Weinstein is an allergy/asthma specialist in private practice in Washington, D.C., a consultant to the allergy section of the National Institutes of Health, and author of Asthma: The Complete Guide.

DOCTOR SAYS 2 DAYS 3X DAY
RX

Keep in touch: If your medication can't quell a flare-up, call your doctor.

often accompanied by shortness of breath. These symptoms tend to recur in certain situations, such as when you are around cats, when you exercise or when you have an infection.

If you suspect asthma, you should see a doctor, who will review your history, listen to your chest and have you perform a breathing test called spirometry. This test compares your ability to expel air forcefully with the ability of people without asthma of your same age and height. If your breathing-test result is below normal, this might be an indication that you have asthma, since an asthma sufferer must breathe out through blocked airways. The doctor will then give you two puffs of an asthma inhaler. If your airways open even partially in response to the inhaled medication, the diagnosis of asthma can be made because the criterion of asthma as *reversible* obstructive airway disease has been met.

If I don't wheeze, can I have asthma?

Possibly. Blockage of the airway can be subtle or dramatic. Symptoms of asthma can run the full range, from mild shortness of breath without coughing or wheezing, to flagrant shortness of breath without wheezing (because there is so little air movement that there is no wheezing sound). Symptoms that fall between these extremes, such as coughing along with wheezing, are more typical.

If I suffer frequently from bronchitis, could I have asthma?

Yes. People who have bronchitis (inflammation of the air tubes accompanied by coughing and mucus) may well have underlying asthma. Often the diagnosis of asthma in this setting is confirmed by a spirometry test. If this is the case, treatment of your bronchitis may be helped by adding some asthma medications.

If I do have asthma, will my symptoms gradually get worse?

There is no way of predicting.

Asthma runs a variable course—it can occur at any age and can subside at any time. For most people, asthma follows a pattern. If you have allergies to tree or grass pollen in the spring, your asthma symptoms will probably get worse each spring as the pollen count rises. Asthma symptoms can often be anticipated on the basis of your history, and appropriate preparatory measures can be taken.

I hear wheezing from my throat, not from my chest. I take asthma medications but they don't seem to help. What should I do?

This is an important observation, which should be brought to your doctor's attention. Consultation with an otolaryngologist (ear, nose and throat doctor) is in order to obtain a careful examination of your upper airway. Examples of upper-airway problems that could be causing your wheezing include the presence of foreign bodies (such as a coin or a food

A face mask or scarf is good protection in cold-weather workouts.

AVOIDING EXERCISE-INDUCED ASTHMA

- **Choose a sport that does not require sustained exercise, such as baseball, golf, or weight lifting, rather than a continuous activity, such as running.**
- **Try to avoid exercise that takes place in cold, dry environments, such as ice skating and cross-country skiing. Swimming is considered to be the best sport for a person with exercise-induced asthma.**
- **If you must exercise in the cold, try using a face mask or scarf over your mouth and nose to warm and humidify the air you breathe.**
- **Use a warm-up period to try to avoid asthma symptoms that typically occur during the first 15 minutes of exercise.**
- **Develop a preexercise medication plan with your doctor to try to block exercise-induced asthma. If your asthma flares despite pretreatment, have a backup medication plan ready to use if symptoms persist after stopping exercise.**

The top-rated workout for people with exercise-induced asthma: swimming.

particle), growths in the windpipe and vocal cords, and congenital problems (such as weakness of the cartilage of the windpipe). Upper-airway problems can often be long-standing and sometimes cause symptoms that can be confused with asthma.

What is the difference between allergies and asthma?

Asthma is blockage of the airways that can be reversed. Allergies are one of the factors that can trigger asthma symptoms in a person with asthma. Allergies evolve over time in someone who is born with a tendency to develop them. On preexposure to the offending substance (the allergen), symptoms result that can involve the nose (hay fever), the eyes (allergic conjunctivitis), the skin (hives and eczema), as well as the airway (asthma). In other words, the airways are just one body part that can be involved with allergies.

I have hay fever. Although my symptoms involve only my nose, am I likely to develop asthma in subsequent years?

A percentage of people who have hay fever develop asthma, but most do not. To date, no routine test can predict which individuals with allergies are likely to develop asthma. There is no reason to assume that you will develop asthma simply because your allergies are left untreated.

I have asthma that flares during the ragweed season. I have trouble tolerating the asthma medications my doctor has prescribed for me. Even though I don't have hay fever, could allergy shots help?

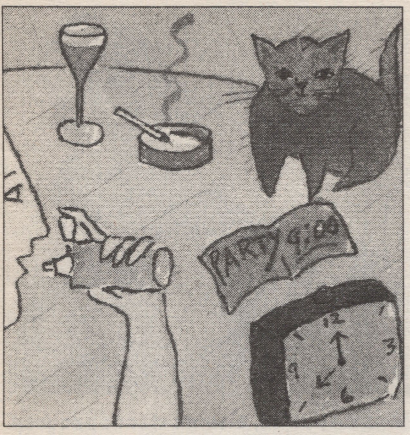
Yes, if your allergy skin testing matches your allergic history. Allergy shots must be taken on a year-round basis, however, even though you have symptoms only during ragweed season. Therefore, it would be a good idea to discuss with your doctor whether there are any medications that can be tried in place of the medications you are now using. The rate of success with ragweed allergy shots is quite good. Many allergists find that allergy shots in high doses are as effective in helping to control asthma symptoms as in controlling hay-fever symptoms. However, definitive studies necessary to substantiate this observation are just now getting under way.

If my asthma is well managed with asthma medications alone, why should I bother with allergy shots? This is a personal decision that should be made with complete understanding of the potential benefit of allergy shots. Medications used in asthma management simply help to control asthma symptoms—unfortunately, the available medications do not offer a cure. If your asthma history points to an allergy as explanation for your asthma flares, allergy shots should be considered, as they offer the possibility of reducing and perhaps eliminating the need for asthma medication and reducing your asthma symptoms. Allergy shots are not appropriate for all asthma patients, but when appropriate, they can bring about noteworthy improvement.

In some people, alcohol stands accused of inducing asthma attacks.

STEPS TO TAKE WHEN ASTHMA FLARES

1. Try to relax and stay calm.
2. Leave the area if there is an offending agent that is triggering your symptoms (such as a dog or cat, dust, cigarette smoke).
3. Refer to your medication program—use your first-step medication (such as an inhaled or an oral adrenaline-like bronchodilator).
4. Drink plenty of clear liquids that are not too cold.
5. Perform your breathing exercises if they have been helpful in the past, or relax by watching television or listening to music.
6. Use your back-up medication (such as theophylline) if your first-step medication proved unrewarding.
7. Notify your doctor if your medications fail to bring relief within the expected time period, or if your asthma symptoms are particularly severe, or if there is any sign of an infection requiring antibiotics.



To withstand a smoke-filled restaurant, pretreat before you arrive.

After every allergy shot, I get a lump the size of a golf ball, which goes away by the next day. Should I mention this to my doctor?

Absolutely. It is important that you relay to your doctor all information concerning swelling at the shot site, so that appropriate dosing alterations can be made. Local swelling that increases in size with each stronger allergy shot indicates that you may be at risk for a more serious reaction.

During a visit to a different part of the country, I noticed that my asthma and hay-fever symptoms improved dramatically. If I move there, is this change likely to be permanent?

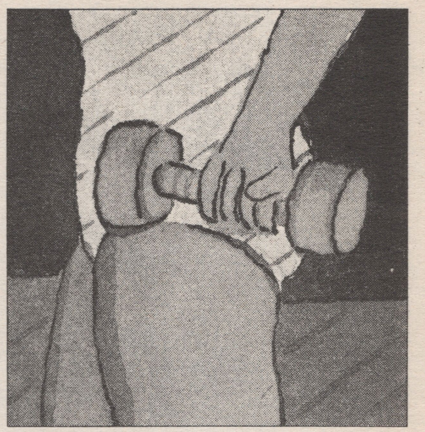
It's difficult to say. If your asthma is triggered by factors like air pollution or a cold climate, then a move to a different geographical area could possibly bring about a long-lasting improvement in your symptoms. If your asthma is triggered by allergies, however, a move to a new area may bring about only a temporary improvement in asthma symptoms, since you may develop new allergies in subsequent years as you become exposed to different allergens. It is for this reason that allergists usually do not recommend that a patient move to another part of the country without first trying an extended visit to the new area. Also, they usually warn the patient that asthma symptoms may return. You should discuss your thoughts carefully with your doctor. Generally, moves to another part of the country do not improve asthma and allergies in the long run, and are often accompanied by great financial and personal hardship for the entire family.

Can sinus congestion affect asthma?

Yes. If you're asthmatic, it's very important for your doctor to know about and treat any sinus problems you may have. Underlying conditions, such as sinusitis, can be a constant trigger for asthma symptoms. Doctors today understand that problems in the upper airways (the sinuses and the nose) can have impact on the lower airways in the chest and trigger wheezing or coughing. You can help your doctor provide you with better care by pointing out any history of sinus problems.

Every time I start to run I have to stop because of coughing and chest tightness from my asthma. Will I ever be able to exercise?
If your problem is related solely to asthma, then you probably will be able to exercise. The first step is to see your asthma doctor to review your previous experiences during exercise and to have a physical examination and a spirometry. On the basis of all this information, your doctor may prescribe daily asthma medication along with medication to be taken just before exercise to block the exercise-induced asthma response. Sometimes the pretreatment medication by itself can block exercise-induced asthma, without the need for daily medications.

The most common pretreatment drugs are inhaled medications, such as albuterol (Proventil or Ventolin), metaproterenol (Alupent or Metaprel) and cromolyn sodium (Intal). Your medication program should be designed by your doctor. Without question, you should choose a form of exercise that is reasonable in view of your lung status and level of physical condition. (See "Avoiding Exercise-Induced Asthma.")



Low-risk exercises for those with asthma: baseball, golf and weight lifting.

Every time I go to a restaurant or a party where I am around cigarette smoke, I find that I start to wheeze. Is there anything I can do except avoid the situation?
Using your asthma inhaler 20 minutes before you know you will be exposed to cigarette smoke may help you avoid asthma symptoms. Pretreating with other medications, when properly timed, can also offer relief. However, the ideal management is avoidance of the offending environmental situation.

Is there any test that can tell which irritants might cause my asthma to flare?
Unfortunately there is not. Your history of what happens in various situations is the only clue to defining

Step one when your asthma flares up: Stay calm and try to relax.

which irritants trigger your asthma. You should discuss your observations with your doctor.

Sometimes when I drink wine, I notice that I get a tickle in my throat and then start to cough and wheeze. Other times I am fine. Can you explain this?

Your report is not unusual. Doctors who treat asthma often hear of patients having problems with alcoholic beverages, including wines. Studies are under way asking the very question you raise. Issues to be addressed include whether the sulfiting agents used as preservatives in wines are the culprits, or whether the mold content of the alcoholic beverage is causing asthma symptoms. The status of your asthma on any given day can also be a factor. For example, you may find the wine more troubling on a day when your asthma is more difficult to manage or on a day when the pollen count is elevated.

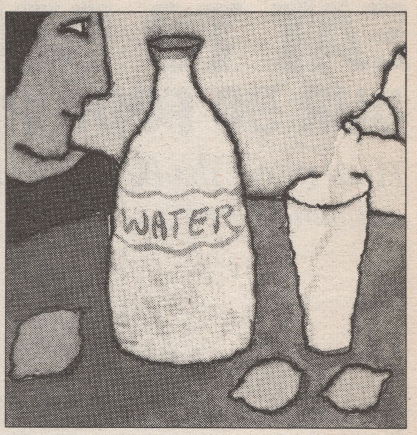
One time I suddenly became short of breath and couldn't get any air. I passed out and didn't remember anything until I woke up in a hospital. I do recall having taken some aspirin for a headache. Could the aspirin have caused such a strong reaction?

Yes. If you're sensitive to aspirin, asthma symptoms that are triggered by aspirin can occur rapidly and be severe. It's very rare for an asthma patient to experience such a rapid progression to severe symptoms without being aspirin-sensitive. Since some asthmatics may be unaware of their aspirin sensitivity, *all asthma patients should avoid not only aspirin but also aspirin-containing products and products that cross-react with aspirin* (like nonsteroidal anti-inflammatory medications, such as ibuprofen, indomethacin and naproxen). Acetaminophen (for example, Tylenol) is an alternative to these. Sometimes it's necessary for an asthma patient to use one of these "aspirin sensitivity" medications, such as for treatment of arthritis. If so, the decision must be reviewed with an asthma doctor.

Also, patients whose asthma can be triggered by aspirin may be more likely than others to have the same reaction to FD&C Yellow No. 5 (tartrazine). It's clearly worthwhile for patients who have triad asthma (aspirin sensitivity, nasal polyps and asthma) to avoid this food coloring.

I dislike taking medications for anything. So I often wait too long before taking my asthma drug and wind up in the emergency room. How can I change this recklessness? First, recognize—if you haven't already—that a prolonged delay in seeking treatment can indeed be life threatening. Second, discuss with your doctor your concerns about using the proposed medications, so that when the time comes to take the medications, you will use them. But don't mislead your doctor into thinking that your prescribed medications have been insufficient to control your asthma. If he thinks this is so, he might then have no alternative but to prescribe additional medications, which may in fact be unnecessary. If your medication really is inadequate, let him know. Don't take extra medications on your own.

I have rapid heartbeats even when I don't have asthma symptoms. Should I avoid taking adrenaline? If possible, yes. Adrenaline acts not just as a bronchodilator to open the airways but also as a stimulant to the heart's rate and strength of contraction. Since there are alternatives to its use, adrenaline is best avoided in view of your medical history. See your doctor about alternatives. ■



First-aid for symptoms: Drink plenty of clear, not-too-cold liquids.

This article is condensed from the book ASTHMA *by Allan M. Weinstein, M.D. Copyright © 1987 by Allan M. Weinstein, M.D. Reprinted by permission of the author and McGraw–Hill Publishing Company. Available in paperback from Fawcett Publications, $4.95; hardback, from McGraw Hill, $17.95. Glaxo, Inc., manufacturer of the most prescribed asthma drugs, is offering free copies of the 350-page book (paperback) to* Prevention *readers. For your free copy, send $1 for postage and handling to:* Asthma Book/ Prevention, *Allen & Handburys, Division of Glaxo, Inc., P.O. Box 4309, Burlington, VT 05401–9825. Send cash, check or money order made out to Allen & Handburys. Deadline for this offer is March 31, 1989.*

EAT TO BEAT CANCER

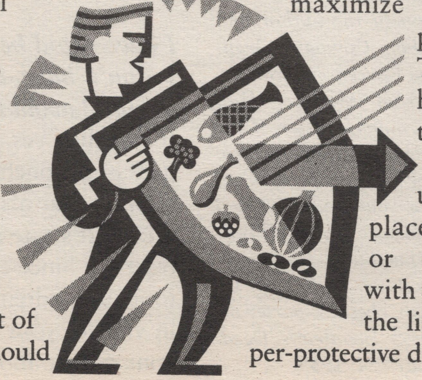
OUR 50 FOOD PICKS

How to get the biggest health boost from the best anticancer fare

EAT RIGHT, AVOID CANCER. While that might sound a little simplistic, it may actually be pretty close to the mark.

Top researchers now believe that you can help prevent some kinds of cancer by consistently making the right diet choices. The American Cancer Society, for example, feels the scientific evidence is strong enough to recommend that we eat plenty of cabbage-family (cruciferous) vegetables, vitamin C, vitamin A/beta-carotene and fiber, and that we minimize our intake of fat, alcohol and smoked foods. And while the jury's still out, evidence is also casting vitamin E, selenium and calcium in anticancer roles.

To help you act on this information, we've compiled a list of 50 top foods that should be part of any effective anticancer diet.



To make our "most wanted list," a food has to be extremely high in one factor believed to prevent cancer, a good source of several anticancer factors, or a low-fat substitute for a common high-fat diet item. (See "Food Factors Against Cancer" for specifics.)

A list of our top food picks (with symbolic shields to represent their major protective factors) follows, along with cooking tips for how to maximize the anticancer power of each. The tips tell you how to prepare the foods in lower-fat ways, use them to replace high-fat items, or combine them with other foods on the list to make a super-protective dish.

ILLUSTRATIONS BY JEAN TUTTLE

FOOD FACTORS AGAINST CANCER

How do we know that certain food factors may offer cancer protection? Here's a brief review of the evidence:

CV **CRUCIFEROUS, OR CABBAGE-FAMILY, VEGETABLES** Some studies of large groups of people (population or epidemiologic studies) have suggested that consumption of these vegetables may reduce the risk of cancer of the gastrointestinal and respiratory tracts. In lab animals, they seem to prevent chemically induced cancer. Cruciferous vegetables include broccoli, brussels sprouts, cabbage, cauliflower and kale.

VC **VITAMIN C** Population studies seem to indicate that people whose diets are rich in citrus fruits and vegetables that contain vitamin C are less likely to get cancer of the stomach and esophagus. (It's not clear, however, whether vitamin C or some other component of the foods exerts the protective effect.) Preliminary studies have shown that vitamin C may combat genetically induced colon polyps. People with polyps are at greater risk for developing colon cancer.

VA **VITAMIN A/BETA-CAROTENE** Many studies have suggested that vitamin A and its relatives, especially beta-carotene, may have anticancer activity. Several population studies indicate that diets high in beta-carotene or vitamin A may lower the risk of cancers of the larynx, esophagus and lung. Others suggest a protective effect in the stomach, colon and cervix. And animal studies demonstrate that vitamin A inhibits precancerous changes—and in some cases, cancer—in the prostate, bladder and breast. While vitamin A is toxic in high doses, beta-carotene, a precursor found in fruits and vegetables, is not.

F **FIBER** There is a lot of evidence that colon cancer is less common in populations that eat a diet high in fiber.

LF **LOW FAT CONTENT** Studies in humans and with laboratory animals suggest that excessive fat intake increases the chance of developing cancers of the breast, colon and prostate. And a high-fat diet contributes to obesity, which has been linked to cancers of the uterus, gallbladder, breast and colon. About 40 percent of the calories Americans eat come from fat. Many health agencies recom-

►

mend reducing that to 30 percent or below.

VE **VITAMIN E A recent study of over 21,000 men linked a high blood level of vitamin E to a reduced overall risk of cancer. Other studies suggest a protective effect for breast and lung cancer.**

S **SELENIUM Most studies of selenium have linked higher levels with a lower risk of cancer. Experiments in laboratory animals point out a protective effect against breast and colon cancer, in particular. One study, however, found that it enhanced skin and pancreatic tumors in some cases. Selenium is toxic in doses only slightly higher than the recommended amount of 50 to 200 micrograms.**

C **CALCIUM Studies seem to suggest a link between higher calcium intake and lower rates of intestinal cancer. In one recent study, men who ate more foods containing calcium and vitamin D (which helps the body absorb calcium) had about one-third the risk. There also is a theoretical link between higher calcium levels and lower rates of breast cancer, although this remains to be proven.**

THE FOODS THAT COUNT

VA F

Apricots Rehydrate dried fruit in a small amount of warm apple or orange juice, add a little grated orange rind for extra flavor, if you like, then grind into a spread. Use on toast or muffins instead of butter, or as a low-fat crepe filling.

F VA

Bran cereal Use instead of low-fiber breakfast cereals as a crispy, fiber-rich topping for casseroles, or to coat chicken for baking. To "bread" chicken with bran cereal, dredge a boneless breast first in flour, then in egg white, and finally in crushed bran flakes.

F VE S

Brazil nuts Crush and sprinkle on as a topping for casseroles and muffins.

CV VA VC F C

Broccoli Skip the butter sauce. Instead, steam, then dress broccoli (4 servings) with a mixture of 1 teaspoon of corn oil or canola oil, 2 tablespoons lemon juice, and some tarragon or thyme to taste. Serve hot or chilled.

F S

Brown rice To make a super salad, combine cooked rice with chopped carrots and red peppers and raisins. Dress with a light vinaigrette of canola oil and raspberry vinegar. Chill before using.

CV VC F

Brussels sprouts Forget the buttered bread crumbs. Instead, steam a pint of brussels sprouts, then marinate them along with some cherry tomatoes and mushrooms in a combination of 1 teaspoon of low-sodium soy sauce, 1 teaspoon of vegetable oil, 2 tablespoons of lemon juice and 1 tablespoon of chopped parsley. Let stand for 30 minutes, then put them on skewers and broil for about 5 minutes.

VA F VC

Butternut squash Puree cooked squash and toss with pineapple chunks instead of butter.

VC CV F VE

Cabbage For a crisp and sweet winter salad, toss shredded cabbage with raisins and apples. Top with an herb vinaigrette or a dressing made of whipped nonfat yogurt, celery seed and honey.

VA VC F

Cantaloupe To make a low-fat but creamy cooler, blend cantaloupe chunks with orange juice, nonfat yogurt and crushed ice. Serve immediately.

VA F

Carrots To give pureed carrots a buttery consistency without fat, steam carrot chunks with pear chunks, then puree together.

CV VC F

Cauliflower Skip the cheese sauce. Steam and serve with a light tomato sauce seasoned with oregano and basil.

VA F VE

Chard Boost the protective value of clear broth vegetable soups by adding chopped chard during cooking.

S

Chicken breast For a luscious and low-fat entrée, brush skinless, boneless breasts with an apple-cider/honey mixture and bake or broil. Baste frequently with the mixture during cooking.

VA VC F VE C

Collard greens Use to replace bok choy in stir-frys. Or puree steamed collards with low-fat cottage cheese and use to stuff onions. Bake at 350° F. for 30 to 40 minutes.

VE

Corn oil and canola (rapeseed) oil These mostly polyunsaturated and monounsaturated oils are rich sources of vitamin E. But since they're also fats, use them to replace (not in addition to) the butter, lard, or other saturated fat in your diet.

LF VA C

Evaporated skim milk A boon to fat slashers. Use in place of cream in coffee, or whip and use immediately to top desserts. Flavor with a little maple syrup, if you like.

F C

Figs (dried) To spice up brown rice, add 1/4 cup chopped dried figs to 1 cup uncooked brown rice along with curry powder to taste. Cook the rice as usual.

VC F

Grapefruit Make a great seafood salad of canned salmon, grapefruit sections and sliced cucumber. Drizzle with a dressing made of honey and citrus juices.

F C

Great northern beans Use beans to replace some of the meat in meat loaf. You'll boost the fiber and cut the fat. Use about 1 cup of chopped, cooked beans per pound of meat in your recipe.

CV VA VC F VE C

Kale For a delicious and moist fish dish, wrap fillets in steamed kale leaves and bake, basting frequently with chicken broth, until done.

F

Kidney beans For a zippy low-fat dip, blend 1 cup cooked kidney beans with chopped garlic, parsley and scallions, and add chili powder to taste. Thin to desired consistency with tomato juice or water.

VC F

Kiwis While usually used as a garnish, you can get more of the goodness of kiwis by simply cutting them in half and eating with a spoon.

VA VC F VE

Mangoes Use chunks of mango in your favorite chutney recipe, then serve the chutney with meat, replacing fatty sauces and gravies.

F S

Oatmeal Instead of butter, use figs, apricots, prunes and/or sunflower seeds to dress up your oatmeal and make it extra-protective.

VC F

Oranges Combine chopped orange sections with a little honey and orange juice. Top fish fillets with the mixture and bake. They'll be moist and flavorful without butter.

VA VC F

Papaya Puree ripe papaya into a sauce for poached chicken. Thin with a bit of water or fruit juice if necessary. Or combine pureed papaya with some nonfat yogurt and make frozen pops.

VC F

Peas (edible-podded) Stuff with herbed, nonfat yogurt cheese (see listing for nonfat yogurt cheese).

F

Popcorn Make in an air popper and season with your favorite herbs and spices instead of butter. Try adding chili powder for a savory snack, or honey, minced dried fruit and minced nuts for a sweet one.

VC F

Potatoes Mix nonfat yogurt or lowfat cottage cheese with dill, chives and pepper (or other herbs) and use instead of sour cream to top baked potatoes.

F VA

Prunes Make a nutrient- and fiber-packed compote: Mix prunes, raisins, apricots, grapefruit sections and dried figs in a baking dish. Pour on enough orange juice to moisten and bake until warmed through, about 30 minutes.

VA F

Pumpkin Update your pumpkin-pudding recipe for better health: Replace the whole milk with skim, and each egg with 2 egg whites. Add 2 or three tablespoons of dry milk powder to boost the calcium content.

F

Raisins Sprinkle on salads to give them a sweet fiber lift.

S C

Salmon (canned) Prepare a simple bisque by pureeing 1 can of salmon with 1 minced onion, 1½–2 cups of stock, a dash of lemon juice and ½ cup of skim milk. Heat slowly until just simmering.

C

Sardines (canned) Look for sardines packed in mustard or tomato sauce instead of oil. Try a nutrient-dense sandwich of sardines in mustard sauce with spinach on crusty whole-wheat bread.

LF VA C

Skim milk Simply substitute for whole milk and you reduce fat from over 48 percent of calories to less than 3.

VA F VE

Spinach Dress up a spinach salad with sliced strawberries and a vinaigrette of lemon juice, tarragon, vinegar, honey, grated lemon rind and a small amount of oil.

VC F

Strawberries Add pureed strawberries to applesauce for extra zip, as well as vitamin C and fiber.

VE S F

Sunflower seeds Toss seeds in low-sodium soy sauce, then toast at low heat in the oven or in a nonstick pan. Add to salads or yogurt.

VA VC F

Sweet peppers Roast some red peppers and cut them into strips. Toss with balsamic vinegar and a splash of olive oil for a tasty condiment.

VA VC F

Sweet potatoes Steam chunks of sweet potatoes with chopped dried apricots. Transfer to a baking dish, glaze with apricot nectar and bake for about 20 minutes.

S

Swordfish Add chunks of swordfish to stir-fries in place of beef. Broccoli and red peppers go well with it.

C F

Tofu Marinate in a small amount of low-sodium soy sauce mixed with oil. Stir-fry with vegetables.

S

Tuna (canned) Prepare a low-fat version of tuna salad by combining a can of drained, water-packed tuna with 1 tablespoon red wine vinegar and chopped onions to taste.

CV VC F

Turnips and Rutabagas Mash with orange-juice concentrate and a dash of cinnamon, instead of butter.

VE F

Wheat germ Dip fillets of white fish in egg white, then dredge in a mixture of toasted wheat germ, cornmeal and Cajun spices before baking. They'll stay moist.

S F

Whole-wheat bread To make a simple bread-pudding dessert, combine 4 cups bread cubes, 2 egg whites, $1\frac{1}{2}$ cups skim milk and a dash of cinnamon and nutmeg in a baking dish. Bake for 45 minutes at 350° F.

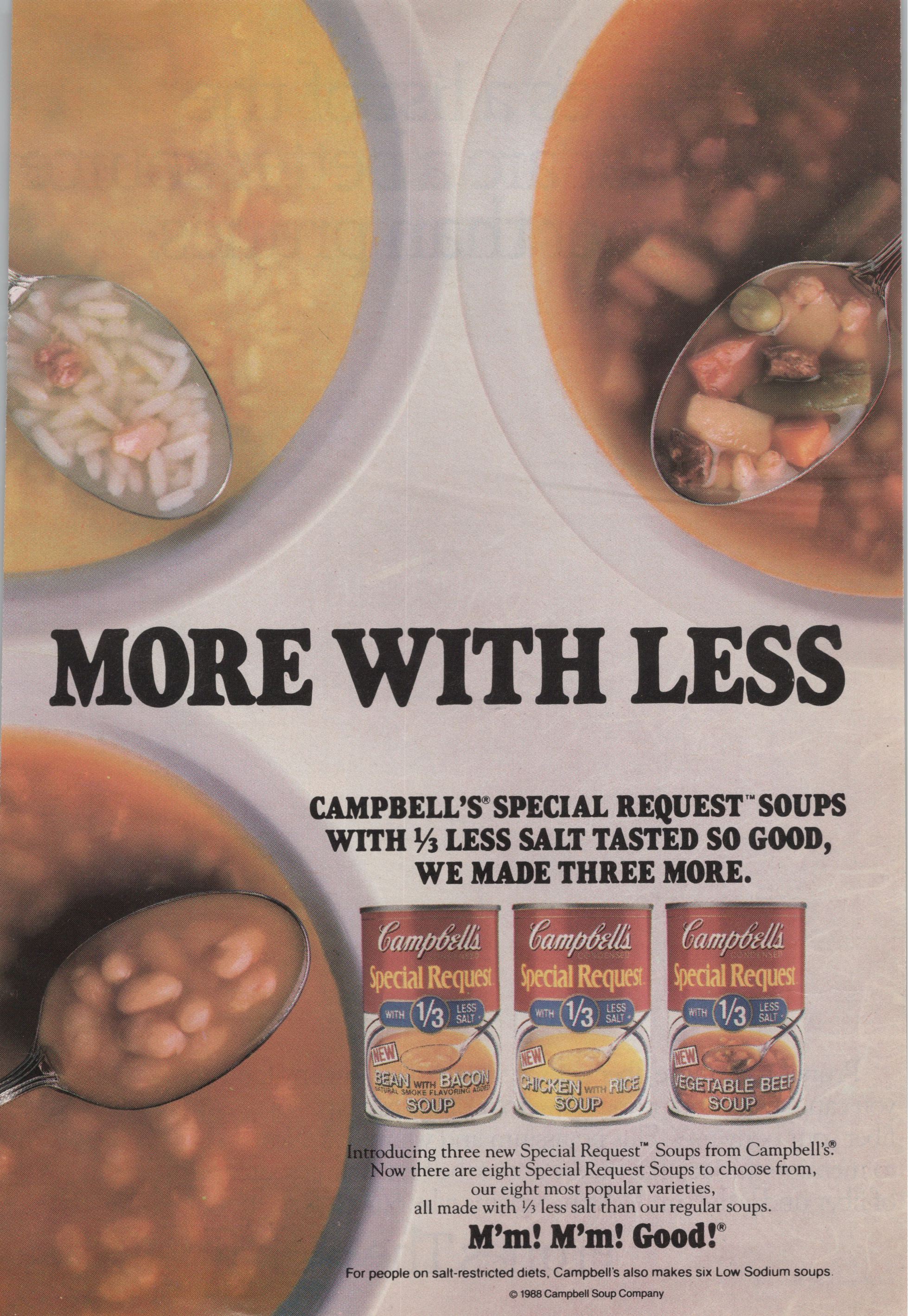
LF C

Nonfat yogurt Use as a substitute for sour cream in sauces. To keep it from curdling when heated, add 1 tablespoon cornstarch per cup.

LF C

Nonfat yogurt cheese A great substitute for cream cheese in dips and spreads. The easiest way to make it: Use a coffee filter in a strainer positioned over a bowl. Pour nonfat yogurt into the filter and let drain (refrigerated) overnight. By morning the filter will contain yogurt cheese.

by Susan Zarrow
with the Rodale Food Center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Here's a list of the foods that are a better source of fiber than prunes:

Prunes have more fiber per serving than almost any food you can name. And prunes have four of the five types of fiber your body uses. Plus potassium and vitamin A. Not to mention the fact that they're about the best-tasting source of fiber under the sun. Which explains why our list is so short.

Prunes. The high fiber fruit.

© California Prune Board 1986

LEANER-THAN-EVER CHINESE CUISINE

A SPECIAL GUEST-CHEF PROFILE

Wok's new? Innovative oriental dishes catering to healthy hearts

WHEN RESTAURATEUR David Keh opened *David K's*, at 65th Street and Third Avenue in New York City, he set a bold new standard for Chinese food: very low in fat, cholesterol and sodium.

For the most part, Chinese food is a healthy alternative to many other cuisines. With its emphasis on rice, vegetables, fish and small portions of meat, it has all the makings of a heart-healthy meal. But it does have some pitfalls—like deep-fried egg rolls or crispy Chinese noodles and enough soy sauce to send your sodium levels over the pagoda. Plus, in some restaurants, meat isn't trimmed as lean as it should be. Sometimes, too, the chef adds so much oil to the wok you can actually see the oil slick on the bottom of your plate!

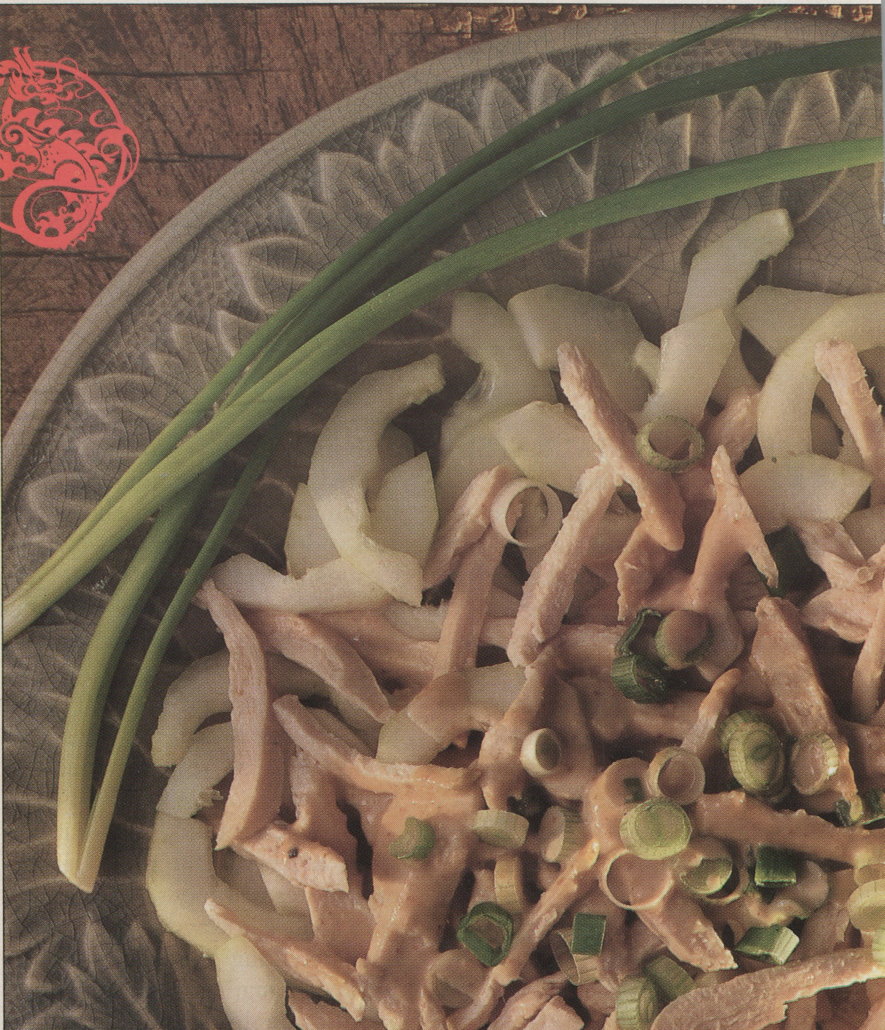
With 22 years of experience in the business, David Keh aimed to change all that. Seeking to please both himself and a growing sophisticated, health-conscious clientele, he removed hidden fat, cholesterol and sodium from age-old recipes, harmonizing familiar tastes and textures with a subtle lightness. The result: a new, lighter-than-ever Chinese cuisine.

David K's menu is full of nutritious choices. Brown rice is a staple. Many foods are steamed rather than fried.

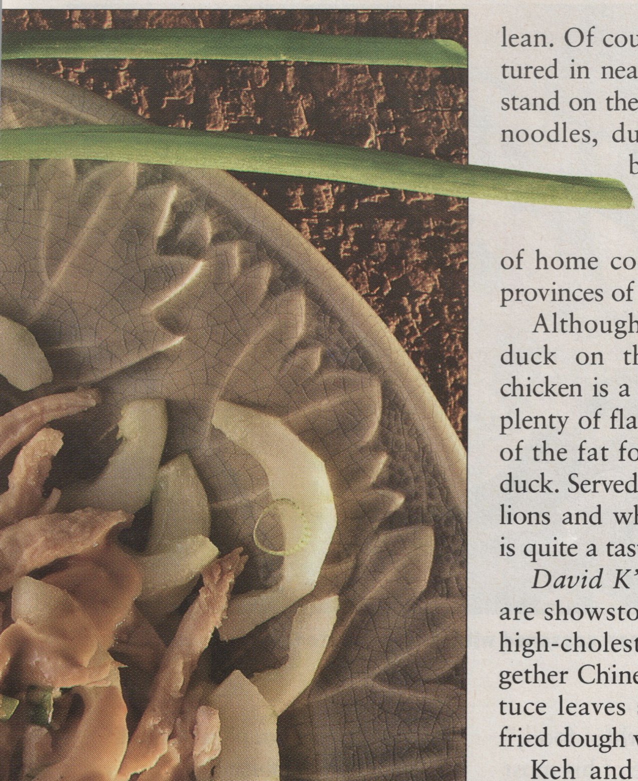
Keh is even thinking about creating a new menu that features mainly steamed foods. "It is such a pure and clean way to cook, but no one is creating anything new with steam cooking," he says.

Additionally, the chefs are instructed to cut fat at every turn. One prime example: They always splash stir-fried meat with water to remove excess oil before finishing off the dish. Most chicken dishes use skinless breast meat, which is nicely

PORTRAIT BY DAN WYNN, COURTESY OF DAVID KEH; ILLUSTRATIONS BY DICK SAKAHARA



PHOTOGRAPHY BY DEBORAH DENKER



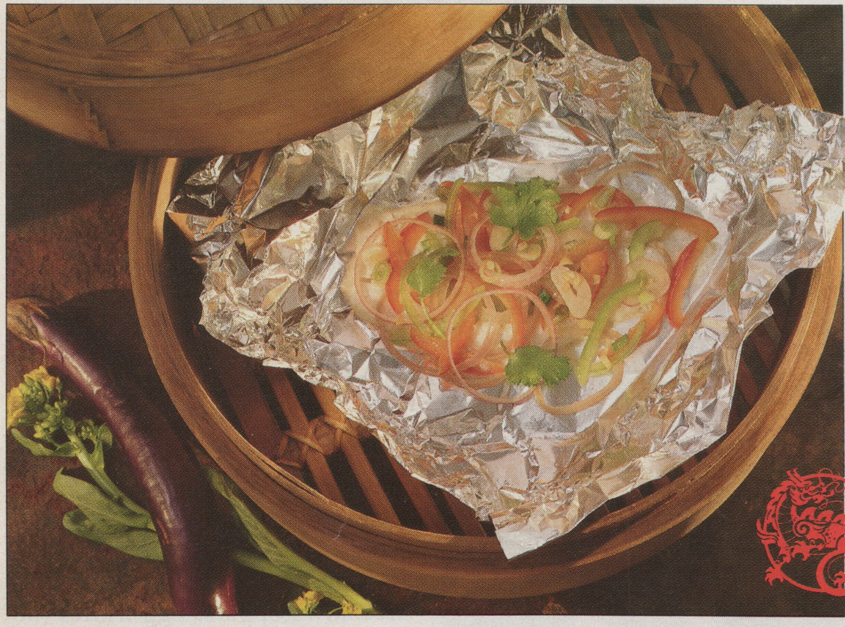
lean. Of course, vegetables are featured in nearly all dishes and often stand on their own. The homemade noodles, dumplings and steamed bread on the separate *David K's Cafe* menu are healthy examples of home cooking in the northern provinces of China.

Although you will find Peking duck on the menu, the Peking chicken is a rich-tasting rival—with plenty of flavor but only a fraction of the fat found in the traditional duck. Served with *hoisin* sauce, scallions and whole-wheat pancakes, it is quite a taste treat.

David K's vegetable hand rolls are showstoppers. Egg whites (no high-cholesterol yolks) bind together Chinese vegetables. And lettuce leaves stand in for the usual fried dough wrapper.

Keh and his wife, Jean, spent three months refining their recipes before they opened their restaurant. It was time well spent. And they've trained their staff in the complexities of their unique menu. Although there are no heart symbols or separate "spa-cuisine" sections on the menu, waiters can deftly guide your selections according to your health concerns. "You see it. You eat it.

David Keh's chicken and cucumber salad: a tasty repast that will do your heart good.



Succulent sole in silver paper: seasoned with ginger and steamed in its own juice.

And you know it is healthful food," Keh says. Here are some of his most popular dishes.

CHICKEN AND CUCUMBER SALAD

Per serving: 160 calories, 5.5 g. fat (30% of calories), 1.6 g. dietary fiber, 22 g. protein, 49 mg. cholesterol, 130 mg. sodium. Also a good source of niacin and vitamin B_6.

1	**tbsp. sesame-seed paste (tahini)**
1	**tbsp. peanut butter**
1	**tsp. low-sodium soy sauce**
1	**tsp. rice-wine vinegar or white vinegar**
1	**tsp. honey**
¼	**tsp. Chinese hot oil or chili oil**
1	**clove garlic, minced**
¼	**tsp. minced ginger**
2	**tbsp. water (approx.)**
2	**cups water**
¾	**lb. boneless, skinless chicken breast**
2	**cups peeled, seeded and thinly sliced cucumbers**
½	**cup thinly sliced scallions**

1. In a small bowl, combine sesame-seed paste, peanut butter, soy sauce, vinegar, honey, hot oil, garlic and ginger. Mix in enough water to form a pourable, creamy sauce.

2. Heat 2 cups water in a wok over

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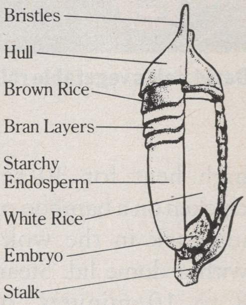

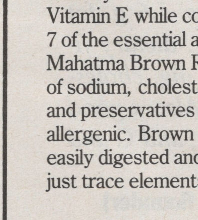

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David Keh's vegetable rolls: a no-cholesterol alternative to deep-fried egg rolls.

high heat for 30 seconds. Place chicken on a bamboo or metal steaming rack in the wok. Cover wok with a dome lid. Steam chicken for 8 to 10 minutes, or until fully cooked.

3. Place chicken in the refrigerator for 15 minutes to cool. Slice into julienned pieces.

4. Divide the cucumber pieces evenly among 4 plates. Divide the chicken pieces among plates. Drizzle with sauce (approximately 1 tbsp. per plate), and garnish with scallions. Serves 4.

STEAMED GRAY SOLE IN SILVER PAPER

Per serving: *207 calories, 5.6 g. fat (25% of calories), 0.8 g. dietary fiber, 33.4 g. protein, 82 mg. cholesterol, 152 mg. sodium. Also a good source of vitamins A, B_{12} and C and niacin.*

1½	**lb. fillet gray sole (or flounder)**
1	**tsp. cornstarch**
1	**egg white**
1	**tbsp. oil**
½	**cup julienned green pepper**
⅓	**cup julienned sweet red pepper**
½	**cup thinly sliced onion**

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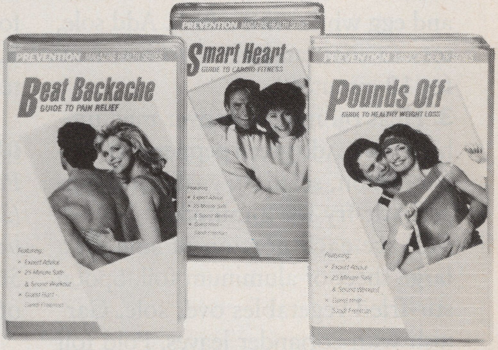

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Be sure to consult your physician before initiating any health or fitness program.

⅓ cup sliced scallion
1 clove garlic, sliced
1 tsp. minced fresh ginger root
½ cup minced fresh coriander leaves

1. Cut gray sole or flounder into 4 equal portions.

2. In a bowl, combine cornstarch and egg white with a fork. Add sole, toss to coat, and allow to marinate for 10 minutes.

3. Heat oil in a wok over medium-high heat. Add green pepper, red pepper, onion, scallion, garlic and ginger. Stir-fry for 2 minutes.

4. Place each portion of sole on a large sheet of aluminum foil. Spoon stir-fried vegetables over sole. Garnish with coriander leaves. Fold foil into a neat, square envelope to enclose the sole and vegetables.

5. Heat about 1 inch of water in a wok. Place envelopes on a steam rack. Place in wok, cover, and steam for 15 minutes. (Or place envelopes on a cookie sheet, and bake at 400° for 10 minutes.)

6. Place each envelope on a plate, tear open, and serve. **Serves 4.**

DAVID K'S VEGETABLE HAND ROLLS

Per serving: 48 calories, 1.3 g. fat (25% of calories), 1.3 g. dietary fiber, 4.6 g. protein, no cholesterol, 56 mg. sodium. Also a good source of vitamin A.

Continued on page 86

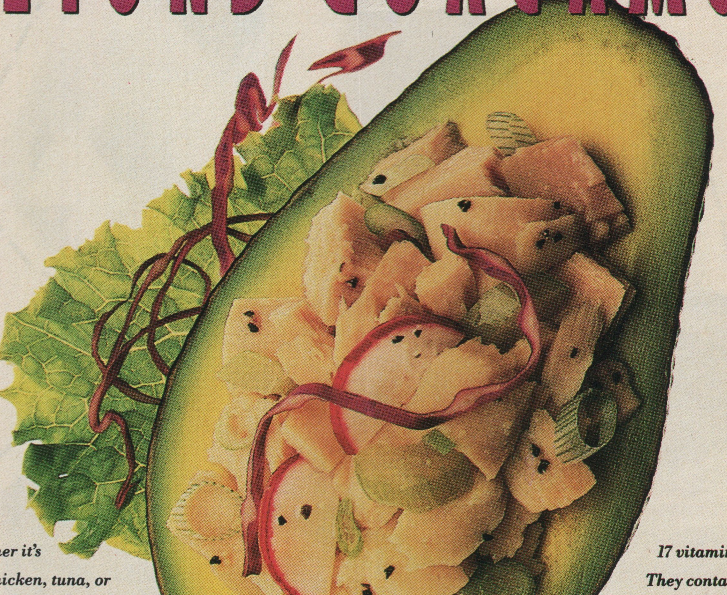
PUT THE ACCENT ON HEALTH

When you "go Chinese" at home, take a few tips from the master:

- **Limit the amount of oil you use. For stir-frying, two teaspoons for four servings is more than enough.**
- **If you make your own egg rolls, steam them for six minutes instead of deep-frying.**
- **When stir-frying meat and vegetables, cook the meat first. Then remove it and rinse with water to wash off clinging oil. Stir-fry the vegetables, then add the meat for a few seconds to rewarm it.**
- **Stir-fry with defatted chicken broth, as an alternative to oil.**
- **Use low-sodium soy sauce. Do not mistake "light soy sauce" for the reduced-sodium version; it is lighter in color and flavor intensity only.**
- **Don't shy away from fish when stir-frying. Firm-fleshed fish hold up just fine under the tossing and turning in the wok.**
- **For a change from chicken, stir-fry boneless, skinless turkey breasts.**
- **To add texture and fiber to dishes, use Chinese vegetables such as bok choy and Chinese cabbage. Toss liberally into wok or steamer; they wilt when cooked.**

How to fill a California avocado with inspiration.

BEYOND GUACAMOLE

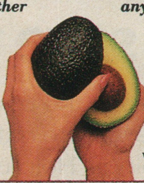


Whether it's with chicken, tuna, or shrimp salad, California avocado half shells always create an inspired presentation. They're a refreshing celebration of both superb taste and good nutrition.

California avocados deliciously bring together 17 vitamins and minerals. They contain more potassium ounce per ounce than a banana. And no cholesterol.

So inspire your next salad creation with velvety smooth California avocados. They're an easy and imaginative way to make any of your creations simply wonderful.

A California avocado is ripe if it yields to pressure from a gentle squeeze. To cut and seed, slice lengthwise.



Then rotate the two sides to separate. Strike seed carefully with medium size knife.

To remove, twist out. Then peel skin back, and you're set.

AVOCADO ON THE HALF SHELL

- 3 ripe California avocados, halved and pitted
- 2 radishes sliced
- 2 Tbsp. sliced green onion
- 2 Tbsp. diced celery
- 1 can (6.5 ounces) albacore, drained
- 2 Tbsp. bottled herb salad dressing
- 6 leaves curly leaf lettuce
- 1 C. shredded red cabbage

Combine albacore, radishes, green onion, celery and salad dressing; set aside. Arrange lettuce and red cabbage on six salad plates. Place avocado half in center of lettuce, fill with albacore mixture. Makes 6 servings.

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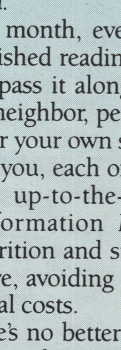
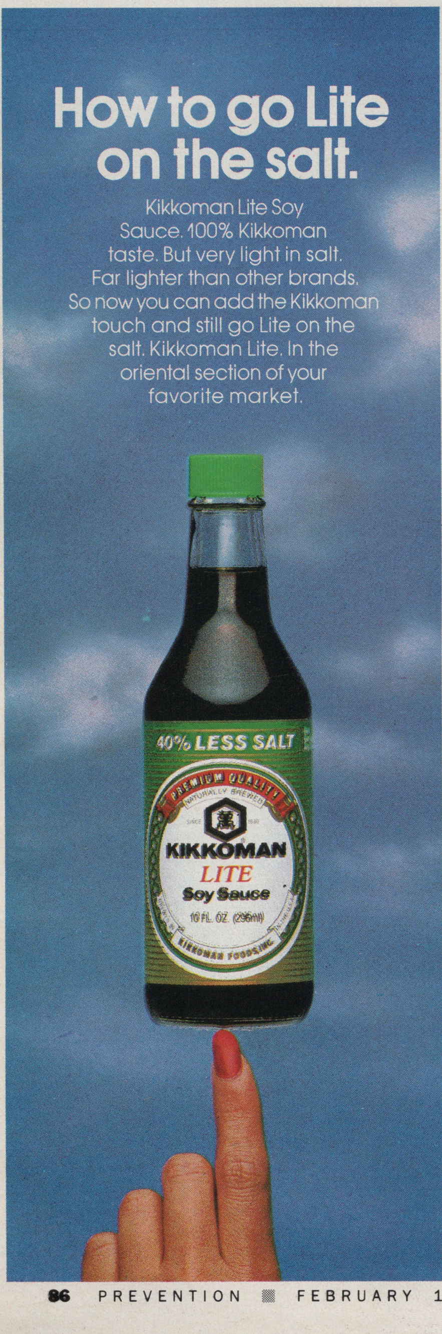




How to go Lite on the salt.

Kikkoman Lite Soy Sauce. 100% Kikkoman taste. But very light in salt. Far lighter than other brands. So now you can add the Kikkoman touch and still go Lite on the salt. Kikkoman Lite. In the oriental section of your favorite market.

Continued from page 82

- **1 tsp. oil**
- **⅓ cup shredded carrots**
- **½ cup thinly sliced onion**
- **½ cup julienned scallions or chives (1 inch long)**
- **½ cup mung-bean sprouts**
- **½ cup sliced mushrooms**
- **4 egg whites**
- **4 large iceberg lettuce leaves**

1. Heat oil in wok over medium-high heat. Add carrots and onion; stir-fry for 3 minutes. Add scallions or chives, sprouts and mushrooms; stir-fry for 3 minutes more.

2. In a cup, whisk egg whites with a fork until frothy. Add the beaten whites to vegetables. Stir slowly until the whites are cooked, about 1 minute.

3. Divide mixture evenly among lettuce leaves. Loosely roll leaves around vegetables, and eat with your hands. Serves 4.

SHREDDED CHICKEN WITH BEAN SPROUTS AND SNOW PEAS

Per serving: *280 calories, 5.2 g. fat (17% of calories), 2.8 g. dietary fiber, 24.4 g. protein, 49 mg. cholesterol, 71 mg. sodium. Also a good source of vitamin C and niacin.*

- **¾ lb. boneless, skinless chicken breast**
- **1 egg white**
- **1 tbsp. peanut oil**
- **¼ cup julienned scallions**
- **1 clove garlic, thinly sliced**

1 tbsp. chicken stock or water
1 cup mung-bean sprouts
½ cup julienned snow peas
¼ cup julienned sweet red and green peppers
1 tbsp. rice-wine vinegar or white vinegar
1 tbsp. honey
• dash ground white pepper
2 cups cooked rice

1. Slice chicken breast into thin pieces with a sharp knife.

2. In a bowl, whisk egg white with a fork for 10 seconds. Add chicken and toss to coat.

3. Heat 2 tsp. peanut oil in a wok over medium-high heat. Add chicken to the wok, and stir for 2 to 3 minutes, or until all chicken pieces turn white. Remove chicken to colander. Splash with cold water to remove oil, and drain. Rinse wok and wipe clean.

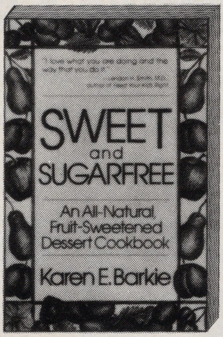
4. Heat remaining 1 tsp. peanut oil in wok over medium-high heat. Add scallions and garlic. Stir-fry until slightly browned, approximately 1 minute.

5. Add the chicken stock or water, and heat for 30 seconds. Add sprouts, snow peas and peppers. Stir-fry for 2 minutes.

6. Add chicken, and toss a few times. Add vinegar, honey and white pepper. Stir and serve with rice. Serves 4.

by Tom Ney with the Rodale Food Center; produced by Barbara Fritz

201 Sugarfree Desserts



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'Skin time' is needed to see which perfume will ultimately please you.

"OUR SENSE OF SMELL IS part of a regulatory system of the brain that helps us survive. We can smell smoke or sour milk and so avoid the danger associated with them," says William Cain, Ph.D., professor of environmental health and psychology at Yale University. "But beyond this, the sense of smell summons up memories, and the emotions that went with them, more vividly than any of our other senses."

Of all our senses, the sense of smell is closest to the sense of taste—both are triggered by chemical molecules. Smell, however, is far more subtle. We can distinguish thousands of different odors, and our sense of smell is about 10,000 times more sensitive than our sense of taste—so sensitive that it can pick out the odor of brown sugar or green bell pepper in a ratio of one chemical molecule of either per one trillion parts of air.

Small wonder your choice of personal fragrance is important to you.

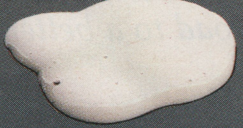
THE SCENTS

Much of the artistry in perfume formulation lies in the hands of approximately 350 perfumers in this country. "Although, for convenience, a perfume is classified according to its main scent family, it's usually composed of dozens of different ingredients," says John E. Porter, corporate vice president and head of fragrance research and development for Noville Essential Oil Company. "In fact, the professional perfumer has roughly 5,000 raw ingredients available to enable him to

Continued on page 118

ANGELO CAGGIANO; HAND COLORED BY GALE MALESKEY

plop. plop. plop.



Drop.

Do your hands constantly remind you how dry they are? No matter how much lotion you use? Then consider the difference between a big plop of lotion and a tiny drop of Neutrogena® Hand Cream.

That single drop contains a higher concentration of glycerin than even a handful of most lotions. Glycerin is a humectant, a powerful ingredient that holds moisture. So even the driest skin can retain moisture long enough to heal itself.

The next time your hands send you a ''water me'' message, remember the key word. It's ''drop,'' not ''plop.'' *You'll find Neutrogena Hand Cream at your drug store.*

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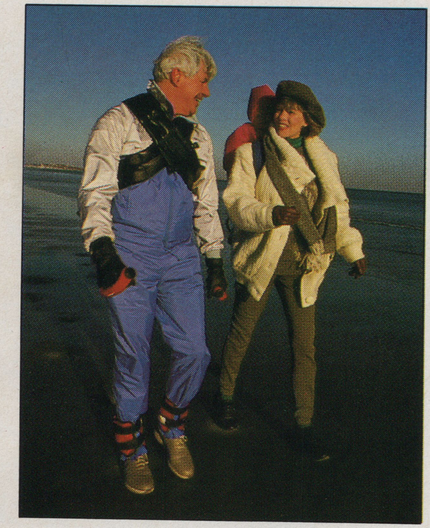
WALKING FOR LOVE

Share a walk with someone special and start on the road to a better relationship



KURT STIER

YOU ALREADY KNOW THIS: If you're having trouble sticking with your walking program, finding a partner may help you stay motivated. And science confirms it. Fifty-one men enrolled in a hospital-based exercise program at St. Francis Medical Center in Peoria, Illinois, were twice as likely to stick with their walking program for a year if their wives also exercised.

But you may not be fully aware of this: Walking, in often subtle ways, can help build relationships. If, for example, you're having trouble finding quiet time to communicate with a special person in your life, scheduling walking time together could solve that problem—and give you both the benefits of exercise to boot.

WALKING THROUGH TENSION

Cynthia Strowbridge, A.C.S.W., a New York City psychotherapist, encourages clients to walk together, especially if they've been experiencing tension in the relationship.

"The tension can be dispersed through the exercise, rather than channeled into an outburst of emotion," says Strowbridge. "And walking together can often ease communication in another way. It's natural to have silent pauses while you walk. Those same pauses in a more sedentary setting can be awkward and anxiety producing."

We tend to think of communicating strictly in terms of talking. But have you ever walked in silence with someone close to you and felt a strong feeling of connection?

"We forget how intimate it is to

be wholeheartedly with another person in silence. Being in step together, out-of-doors can be amazingly healing to body and spirit."

STROLLING TOWARD UNDERSTANDING

It may be easier to experience this silent connectedness while walking because, in part, going for a walk together gets you away from distractions like TV, telephones and household demands.

Jerilyn Ross, M.A., associate director of the Roundhouse Square Psychiatric Center and president of the Phobia Society of America, feels even more strongly about walking to enhance relationships since she started her nightly jaunts with her brother.

"We were having trouble getting together to just talk. We're both night owls, so after his family is in bed and my work is done, he walks to my house (about 1$^1/_2$ miles), we walk back to his house and he drives me home. We talk and get exercise too.

"Couples, family members and close friends have so little time to be together without disruptions," says Ross. "Setting aside time to be together without distraction enhances your sense of commitment to each other."

by Maggie Spilner, Executive Editor, *Walker's World* Newsletter

Every day, thousands of women perform surgery on their feet.

It's unnecessary. There's a much better, safer way to remove painful corns: Dr. Scholl's Corn Removers.

Within five treatments or less, the corn will be replaced with new, softer skin. And that's a money-back guarantee only Dr. Scholl's gives you. So get Dr. Scholl's Corn Removers. And get rid of those corns, safely and painlessly.

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Your foot specialist.™

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TAPPING THE BONANZA OF WALKING EXPERTISE

Top health professionals will help you stride toward health at Prevention's *Walkers Rally*

Set your sights on Tampa and our Walkers Rally today!

WALKING IS JUST ANOTHER way to say *health*. That point will be brought home like never before at *Prevention's* All-American Walkers Rally in Tampa. Set for March 31 to April 2 of this year, the Rally will actively celebrate all the health benefits of America's favorite fitness sport.

Helping us make this fun-in-the-sun event the most practical party ever held will be a lineup of top health professionals.

Here's just a sampling of the experts who will be on hand to bring you the latest news in walking and your health.

Charles Eichenberg, Ph.D., of the New Start Health Center in St. Petersburg, will conduct a workshop on how walking can be made a powerful part of a weight-loss program. Citing experience with many people at his clinic, Dr. Eichenberg will give us the details of a well-rounded approach to slenderizing for those of us more well-rounded than we might wish to be.

Robert D. Willix Jr., M.D., a heart surgeon who has a profound interest in walking, will tell us how and why he now uses this sport as a key element in cardiac prevention and rehabilitation programs. Willix Health Institute, located in Fort Lauderdale, is at the forefront of lifestyle-improvement medicine.

Ever have trouble with your feet? The American Podiatric Medical As-

PATTI McCONVILLE / THE IMAGE BANK

SIGN UP TODAY FOR

PREVENTION'S ALL-AMERICAN WALKERS RALLY

Join the editors of Prevention *for a three-day walking extravaganza in Tampa, Florida, March 31–April 2*

RALLY SCHEDULE

FRIDAY EVENING, MARCH 31

- Self-Guided Walking Tours
- Walkers of the Year Banquet*

SATURDAY, APRIL 1

- Exotic A.M. Walk in "The Dark Continent" (Busch Gardens)—Moroccan Breakfast included
- Reebok Women's Eschborn Cup Trial Racewalk
- Noncompetitive Racewalk/Seminar
- Light n' Lively Sunset Walk
- All-Day Walking Expo and Seminars
- Self-Guided Walking Tours

SUNDAY, APRIL 2

- The Easy Spirit Family Fitness Walk (breakfast included)
- Campbell's Grand Finale Festival (music, lunch, surprises)
- All-Day Walking Expo and Seminars
- Bus Shuttle Service (all three days)
- Special Gifts
- Self-Guided Walking Tours

* (not included in registration fee)

REGISTRATION FORM

ALL-AMERICAN WALKERS RALLY
PREVENTION MAGAZINE

MARCH 31
APRIL 1
APRIL 2

REGISTRATION FEES $24 Entire rally; $18 *Prevention* subscribers registering before January 31, 1989; $16 Prevention Walking Club members. Make check or money order payable to *Prevention* magazine and mail to: *Prevention* Magazine, All-American Walkers Rally, Emmaus, PA 18098. Questions? Call (215) 967-8921, 9 a.m. to 5 p.m. EST.

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In signing this release, I acknowledge that I understand the intent thereof, and hereby agree and will absolve and hold harmless: *Prevention* magazine, and any other parties connected with this event in any way, singly or collectively, from and against any blame and liability for any injury, misadventure, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the All-American Walkers Rally or any activities associated herewith. I also hereby consent to and permit emergency treatment in the event of injury or illness.

SIGNATURE ____________

DATE ____________

We'll celebrate walking in Tampa University's elegant Plant Park.

sociation will be at the Rally to provide lots of practical tips on walking without foot pain.

The Arthritis Foundation will provide specifics of how anyone with joint disease can walk comfortably —and actually use walking as an important part of their therapy program.

The American Diabetes Association will give important pointers on how walking can help control diabetes. Regular, nonstressful exercise like walking can be enormously beneficial to anyone with this challenge, and at the Rally you'll hear the latest advice.

The University of Tampa, one of America's most progressive small universities, is lending us Judy Bohren, Ph.D., and Eric Vlahov, Ph.D., who will present a seminar on walking and wellness. The physiological, psychological and sociological aspects of the sport will all be covered. The Easy Spirit Fitness Walk will begin in the University's Pepin/Rood Stadium and conclude with fun and food at the University's beautiful Plant Park.

If you want to learn more about racewalking, you're in luck. Howard "Jake" Jacobson, coach to Olympic racewalkers and the father of healthwalking, will be there to give you tips on both racewalking and healthwalking.

Henry H. Laskau, one of America's greatest racewalkers, and National Racewalking coach Gary Westerfield will be available for tips and consultation.

All of this is in addition to the exciting and exotic walks and other events you can participate in at the largest fitness walking event ever held in America.

But time is running (not walking!) out. Send your registration today using the coupon on the opposite page. We'll get right back to you with full details on accommodations (very reasonable) and all the other information you're going to need. Or call our Rally Hotline today at (215) 967-8921 for further information. ■

J. BLANK / FPG, INT'L.

When your stride is widest, stretched bladder muscles can fail. So Attends is designed to help protect during the motion of walking.

Hitting mid-stride during your walking program. It's an ordinary motion. But one which can cause problems for people with incontinence.

That's why Attends® is designed to protect even during this specific movement. In fact, Attends' Leg Gathers, Exclusive Absorbent Hourglass Core, and Unique Higher Waist Fit provide a combination of leakage-prevention features not found on any other undergarment.

The result—outstanding leakage protection at the times you need it most.

ATTENDS.
PROTECTION IN MOTION.

Attends

BRIEFS AND UNDERGARMENTS

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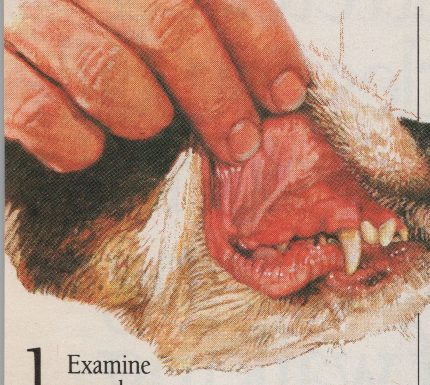
If you've been buying supermarket pet food, give your dog this spot quiz



1. Examine mouth.

Raise your dog's upper lip to view the teeth. Are they:

A. Clean, white and glistening.
20 pts.
B. Yellowed with signs of residue.
5 pts.
C. Decaying with evidence of tartar.
0 pts.

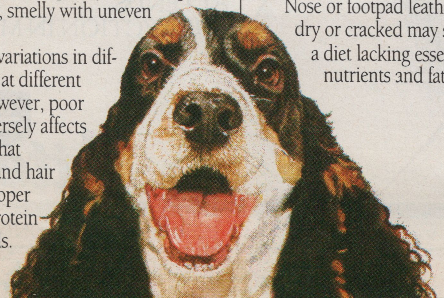
Like humans, diet plays a major role in canine oral hygiene. If you didn't check A, chances are you feed your dog a steady diet of wet foods, which can result in dental problems. Dry foods, however, help cleanse a dog's teeth and gums.

2. Feel skin and coat.

Thoroughly comb your fingers through your dog's hair in the opposite direction it lies naturally. Is it:

A. Healthy, vibrant and free of any flaky deposits. 30 pts.
B. Dry, lackluster and poorly elastic. 5 pts.
C. Excessively oily, smelly with uneven growth. 0 pts.

There are normal variations in different breeds of dogs at different times of the year. However, poor nutrition always adversely affects skin and hair. Dogs that exhibit healthy skin and hair eat a diet with the proper balance of fats and protein vitamins and minerals.



3. Examine stool.

Stool size and consistency are good indicators of a dog's overall well-being. Is it:

A. Small and firm.
30 pts.
B. Large and hard.
5 pts.
C. Large and very soft.
0 pts.

Stool volume is largely influenced by undigestible foods and enzyme deficiencies.

Small, firm stools are easier to clean up, and also demonstrate your dog has properly assimilated crucial nutrients. Stool consistency indicates the quality of nutrients. Stool from a poor source maybe soft. A hard stool can represent a mineral or fiber imbalance.

4. Inspect nose and footpad leather.

Feel the tip of your dog's nose. Is the skin:

A. Tough yet pliable, with a slightly moist appearance.
20 pts.
B. Stiff, crusty or dry. 5 pts.
C. Very hard or cracking. 0 pts.

The nose leather of a healthy animal is clean, smooth and resilient. Similarly, footpad leather should be smooth and tough, yet pliable.

Nose or footpad leather that is dry or cracked may suggest a diet lacking essential nutrients and fatty acids.

If your dog scored 85 o less, don't just change dog food, change whe you buy it.

All dogs have dietary requirements that demand quality sources of protein. Meat protei best satisfies those requirement

However, many leading supermarket dog foods rely on grains for their main source of protein. Iams relies on meat, poultry and egg protein.

And Iams isn't sold in supermarkets. It's sold only in pet shops, pet supply stores and feed stores. By veterinarians, breeders and pet specialists. They understand nutritional needs. That's why they recommend Iams.

They know the meat protein in Iams makes a discernible difference in your animal's health and well-being. And that dogs crave Iams because we give them what they need–meat protein in dry foods.

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GETTING TO THE ROOT OF AN ITCH

A guide to detecting and treating a multitude of skin troubles ▪ *by Amy Marder, V.M.D.*

HEALTHY SKIN IS more than a cosmetic concern; it protects your pet's body from disease and injury. It also conserves water, aids in heat regulation and synthesizes vitamin D. Ailing skin cannot optimally perform these vital functions. And it can be a symptom of internal disease. That's why it's important to deal with skin troubles as soon as they appear.

The first step is to identify the cause. Sometimes that's easy. In winter, for example, dry heat can cause your pet's skin to dry out. The signs: white flakes (like dandruff) and mild scratching. Treating dry skin is simple:

Supplement your pet's diet with a complete oil. Corn, safflower, peanut and sunflower oil are some of the oils that contain all the essential fatty acids.

Give your cat about one-half teaspoon at each meal; give your dog one to three teaspoons at each meal depending on her size. (More is not better; oils are very fattening.) Pet stores also sell supplements that contain the essential fatty acids (EFA).

Shampoo sparingly. Most pets can get by with fewer baths in the winter. When you must bathe your pet, use baby shampoo.

Humidify your house. This can benefit your pet's dry skin as well as your own. If those measures don't clear up the problem, or if your pet has other symptoms, such as severe itching, scratching, biting, hair loss, excess oil—even a bad odor—consult your vet. He or she can perform the skin and blood tests that will identify the root of the problem. Here are some possible offenders.

BACTERIAL DISEASES

Pyodermas (bacterial infections of the skin) may cause pimples, redness and a whitish discharge. Many are itchy. Treatment for pyodermas may involve oral antibiotic therapy and special shampoos.

Dr. Marder is a clinical assistant professor at the Tufts University School of Veterinary Medicine and president of the American Veterinary Society of Animal Behavior.

HOW TO USE YOUR MIND TO IMPROVE YOUR BODY..

How Much Of Your Mind Do You Use?

Einstein said we only use 5% of our mind. Some scientists estimate we use much less. Effective Learning Systems, Inc., a pioneer in mind development, is proud and happy to offer you THE LOVE TAPES®, to help you use more of your potential. THE LOVE TAPES® are based on current brain/mind research, sound psychological principles, effective mind development techniques and many years of experience with thousands of people. These individuals report they have used the tape successfully to: improve relationships, self-image, memory, manage stress, stop smoking, control weight, and much more.

Using Both Halves Of The Brain

Scientific Research shows that the human brain has a left hemisphere and a right hemisphere which are connected by the corpus callosum. During the first few years of life we use both hemispheres about equally (we learn about 25 times as much per day in those early years as we learn per day as adults) and then we begin to specialize.

Eventually the left hemisphere becomes the dominant hemisphere in nearly all human beings, and we use very little of our right hemisphere, which includes the functions of creativity, intuition, humor, imagination, etc. Relaxation techniques and music seem to activate the right hemisphere and help one to use both hemispheres more effectively to speed up the process of learning and making positive changes.

Why Are They Called Love Tapes®?

1) The tapes are designed to overcome negativity and build self-esteem, which includes loving yourself. When you love yourself, it's easier to love others and easier for them to love you. We're told to love our neighbors as ourselves—not more than or instead of . . .
2) Love is a basic need. Everyone needs love. No matter how independent, macho, wealthy, or successful a person may be, without love there is no self-actualization.
3) The tapes can help you get more in touch with the great power of love which can bring you more happiness, health, success, peace of mind, and better, more loving relationships.
4) People say they love to experience them and they love the great results.
5) Last, but certainly not least, a lot of love is put into making each tape.

How Are The Love Tapes® Different From Other Tapes?

It's all in the recipe. Other methods may have some of the ingredients found in THE LOVE TAPES®, but none offer you this unbeatable recipe, which includes a special combination of goal-oriented relaxation, mental imagery, affirmations, whole brain learning, positive emotions, special music, soothing voice, proven mind development techniques, and the power of love. No tape is better than its content and none can match the content of these programs.

Available In Subliminal

Now, THE LOVE TAPES® are available in regular or subliminal. The subliminals have the regular audible verbal message on one side and the same message carried subliminally on the other side. The only sound you will hear is beautiful music or the restful splash of ocean waves breaking on the sandy shores, but underneath this gentle sound are carefully researched words and phrases to communicate with your inner mind and help you lose weight, stop smoking, or achieve other goals you are seeking. You can play these tapes and continue with any normal daily activity. There is no need to concentrate on the subliminal message.

Guarantee

Each tape carries a full warranty against defect in workmanship for a whole year after purchase and will be replaced free of charge. It normally takes about 30 days to overcome past negative programming and supplant it with positive programming. If you use a LOVE TAPE® for one month and do not feel a positive change, you can return the tape for a refund within the following 30 days.

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THE LOVE TAPES

The choice of many universities, hospitals, psychologists, corporations and thousands of individuals.

"Scientists are becoming increasingly clear on the power of the human mind to influence the body. THE LOVE TAPES' goal-oriented approach to human development based firmly on the positive emotions offers a scientifically sound method to improve relationships, develop self-esteem, manage stress and much more."

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"–excellent techniques and advice for deep meditative states, which can be very helpful for holistic health."

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How To Attract Money	ATM			
How To Be Happy	BHA			
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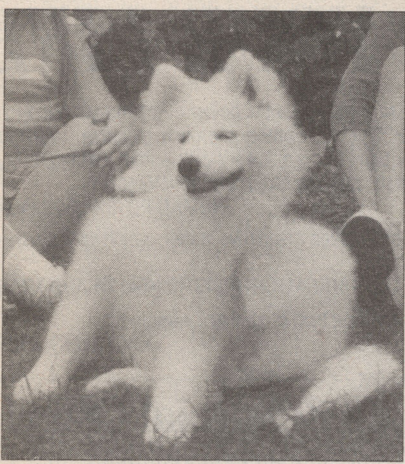

Persistent scratching can mean miseries for your pet: Treat promptly.

Acne is one type of pyoderma that is very common on the chins of cats. Treatment: local scrubs with antibacterial soap or oral antibiotics.

Hot spots, also known as acute moist dermatitis, are very common in dogs, especially those allergic to fleabites. These red, moist lesions develop very rapidly as a result of licking, biting or scratching. Short-term treatment with corticosteroid injections is usually prescribed.

FUNGAL DISEASES

Ringworm (*Microsporum canis*) is the most common fungal disease of the skin. Some animals, especially adults, can be carriers. Young animals are more likely to develop skin lesions—usually circular areas of scaling and hair loss. Healing of the lesion occurs from the center outward, causing a ringlike appearance; hence the name. Treatment may include special rinses or shampoos, creams or lotions, and oral antifungal medication. Because ringworm can be passed on to people and other animals, it is extremely important that your pet be treated as soon as possible. If you have lesions, too, you should be treated (by your doctor) at the same time.

PARASITIC DISEASES

Fleas are by far the most common skin parasite that plagues our pets. Their bites usually lead to itching and scratching, especially in the rump area. Many dogs and cats are allergic to fleabites and develop a severe generalized skin condition—often red and itchy, sometimes scabby or flaky. If you suspect fleas, look for "flea dirt" in your pet's coat. It looks like coarse pepper, but is actually dried blood and flea feces. When wet, it turns red. Treatment consists of eradicating the fleas from the house, the yard and all the pets in the household. (See the June 1988 issue of *Prevention* for an in-depth discussion.)

Ticks may cause some local skin irritation, but the diseases they carry are potentially a much more serious problem. Both people and dogs can become very ill if bitten by a tick in-

KENT DANNEN

Abdomenizer® - the Intelligent Alternative to Sit-Ups™ Lets You Rock, Rock, Rock your way to a Firmer Stomach!

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AS SEEN ON TV

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This revolutionary stomach exerciser targets the proper abdominal muscles so each and every sit-up is more effective and safer than ordinary sit-ups with feet locked in place. You get maximum benefits in minimum time. Have a tonier tummy in weeks!

The Abdomenizer was invented by Dr. Dennis Colonello, D.C. in accord with the latest scientific knowledge of the human anatomy and biomechanics. It was designed to produce an automatic pelvic tilt which better isolates the abdominal muscles and makes sit-ups safer for your lower back as well as more effective.

You know how ordinary sit-ups can torture your tailbone. Abdomenizer maintains the ideal lumbo sacral angle reducing pressure on the tailbone. Best of all, it's so simple. The unique rocker mechanism lets you rock, rock, rock your way to a firmer stomach.

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Experts agree that ordinary sit-ups not only can cause friction on your tailbone, but may do more harm than good. Fatigue and stress to the lower back and spine could cause injury. The Doctor's remedy? A brilliant design that is contoured to cushion and cradle your lower back and pelvis comfortably.

THREE WAY ACTION

Super effective exercises on the Abdomenizer work on specific abdominal areas. CURLS work to firm upper abdominals. The KNEE-IN position concentrates on the lower stomach area. But that's not all. The slight side-to-side motion Abdomenizer creates, activates lateral obliques. Yes, now you can shape up those love handles...nobody loves.

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Dr. Colonello's colleagues hail the Abdomenizer with such acclaim as: *"...I have been truly amazed at the simplicity of the product that yields such dramatic and consistant results."* and *"Clinically we are excited with this exercise breakthrough."*

Now it's your turn for raving reviews. You can make every sit-up more effective and safer, too. You can enjoy a tighter, tonier tummy in weeks. Your Abdomenizer includes a comprehensive instruction manual which includes recommendations for diet and aerobic exercise, which are part of a total stomach-reducing program. So, get smart. Order your Abdomenizer—the intelligent alternative to sit-ups—today.

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fected with Lyme disease, for example. Prompt removal of ticks with tweezers placed right next to your pet's skin and periodic dipping reduce the chances of infection.

Mites are spiderlike parasites that live on the skin. Two common ones, *Demodex canis* and *Sarcoptes scabiei*, cause mange in dogs. While *demodex* is found in the hair follicles of almost all dogs, it only causes a problem when there is a lapse in immunity. Then these mites proliferate and cause hair loss. Most cases remain localized and resolve by themselves. On rare occasions, special treatment is needed.

Unlike *demodex*, *sarcoptes* almost always causes a problem; intense itching, scaling and hair loss, especially around the elbows and ears, are common. *Sarcoptes* mites are extremely contagious; they spread to other animals and man. Dips, oral medication or injections may be needed to banish them.

Ear mites (*Otodectes synotis*) cause a dark discharge in the ear canal that resembles coffee grounds. Head shaking and scratching and pawing at the ears are common signs of mites (and other ear problems). Insecticidal ear drops clear up this skin problem.

ALLERGIC DISEASES

Unlike people, who respond to allergies most commonly with respiratory signs, dogs and cats most often display allergic symptoms in their skin: redness, itchiness or scaliness. Depending on the cause, removing the offending substance from the diet or the environment, "allergy shots" or therapy with corticosteroid drugs may be indicated.

ENDOCRINE DISEASES

Many times, endocrine disorders (hormone imbalances) are first noticed because of skin and coat changes. They are characterized by hair loss that is nearly equal on both sides of the body. These areas are often darker than normal and are not itchy. Also, the changes do not occur suddenly, but take place over a few months.

Hypothyroidism is caused by the decreased production of the hormones of the thyroid gland. It's common in dogs. Their coats become thin, dry and lusterless, and the hair is easily pulled out. Treatment: thyroid supplements.

Hyperadrenocorticism (Cushing's disease) is caused by overproduction of the hormone cortisol by the adrenal glands. Dogs with this condition have thin skin, potbellies and the typical endocrine hair-loss pattern. Therapy with a drug that destroys the abnormal parts of the adrenal glands may be needed. Occasionally surgery or radiation therapy is recommended. ■

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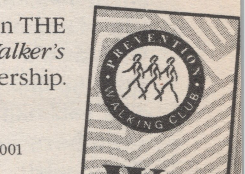

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SHIVER NO MORE: ABOUT RAYNAUD'S

If your fingertips turn white, blue and red, you may be suffering from Raynaud's syndrome, a mysterious hand-chilling phenomenon. In Raynaud's, the blood vessels to the extremities can constrict even before the core body temperature begins to fall. (In severe cases, simply opening a refrigerator door can set off an attack.) Raynaud's also can be triggered by vibrations—such as operating a sledgehammer or typing.

No one knows how common Raynaud's is because many people don't consider the condition serious enough to bring it to their doctor's attention. Indeed, Raynaud's is often more of a bother than a serious medical problem. But the condition is treatable. See your doctor if your fingers are painful or change colors.

COLD CONDITIONING The U.S. Army recently perfected a simple technique that allows Raynaud's sufferers to train their bodies to overcome chills. The technique, which Army researchers in Alaska began fiddling with 10 years ago, is based on the same principle Pavlov used in training dogs to salivate at the sound of a bell.

The canines began licking their chops because they learned to associate the bell with chow time; in the Army exercise, people learned to condition their hands to warm up when the weather turned cold. Here's how it works: Starting at room temperature, place your hands in a container of warm water. Then go into a freezing room and again dip your hands in warm water, for 10 minutes. The cold environment would normally make your peripheral blood vessels constrict; instead, the sensation of the warm water makes them open. Repeatedly training the blood vessels to open despite the cold eventually enables you to counter the constriction reflex even without the warm water.

In the Army experiments, this procedure was repeated every other day for three to six times on 150 test subjects. After 54 treatments, the subjects' results were impressive: Their hands were 7° F. warmer in the cold than before.

Taking a warm-water dip is far easier than other treatments for severe Raynaud's, such as drug therapy. "People are training on the rooftops in New York City, in freezer lockers, in grocery stores and in hospitals and hotels," says Murray Hamlet, director of the Army's cold-research program.

SHIVER NO MORE

Continued from page 54

Meanwhile, at the USDA Human Nutrition Research Center in Grand Forks, North Dakota, the effects of dietary iron were measured in six healthy women who entered a 64° F. chamber. When the women took only a third of the recommended amount of iron for 80 days, they lost 29 percent more body heat than when they were on an iron-replete diet for 114 days. They also reported more trouble sleeping when in the iron-reduced state, according to Henry Lukaski, Ph.D., who headed the study.

Both researchers believe that iron deficiency somehow alters thyroid metabolism, which regulates body heat. The meaning of all this hasn't been totally ironed out yet. But for now, Dr. Lukaski recommends eating iron-rich foods like fish, poultry, lean red meat, lentils and green leafy vegetables. Orange juice is also O.K.: Vitamin C increases the body's ability to absorb iron.

WIND UP WHEN THE WIND'S UP

You can actually force your hands to warm up through a simple exercise that Donald McIntyre, M.D., a dermatologist in Rutland, Vermont, devised. Pretend you're a souped-up softball pitcher: Swing your arm

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downward behind your body and then upward in front of you at about 80 twirls per minute (this isn't as fast as it sounds; give it a try).

The windmill effect, which Dr. McIntyre modeled after a skiers' warm-up exercise, forces blood to the fingers through both gravitational and centrifugal force. This warm-up works well for chilled hands and feet no matter what the cause is—even if it's Raynaud's syndrome (see the box "About Raynaud's"). And it works fast: A 40-year-old man was able to reverse a Raynaud's attack after 90 seconds of twirling his arms.

DRESS SMART

To keep warm you have to dress warmly. Common sense, yes, but many people will slap on gloves and footwear without taking equal precautions to maintain their core temperature, which is really more important. Another common mistake: dressing *too* warmly, with nonbreathable materials.

The fact is, perspiration is an even bigger cause of cold hands and feet than temperature. Sweat is the body's natural air conditioner, and your body's air conditioner can operate even in cold weather if you're not careful. The hands and feet are especially susceptible because the palms and heels (along with the armpits) have the largest number of sweat glands in the body. That's why the heavy woolen socks and fleece-lined boots you bought to keep your feet warm may instead make them sweaty and chilly.

If you're stepping out into the cold, the best warming measure you can take is to dress in layers. This helps trap heat and allows you to peel off clothes as the temperature changes. Your inner layer should consist of one of the new synthetic fabrics, like polypropylene, that wicks perspiration away from your skin. Silk or wool blends are acceptable as well. The next layer should insulate you by trapping your body heat. A wool shirt or sweater is one of your best options. Your outermost layer should protect you against the elements and allow perspiration to evaporate, so choose a breathable, waterproof jacket or windbreaker.

Wear socks that wick moisture away from your feet and insulate them. All-cotton socks can soak up your perspiration and chill your feet. Those made of Orlon and cotton are a better option.

Choose your footwear carefully, too. Gore-Tex shoes and boots are the best choice for keeping your feet warm and dry.

None of your garments should pinch. Tight-fitting clothes, whether they are nylons, garter belts, jeans or shoes, can cut off circulation and

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The single best piece of clothing you can wear to warm your hands and feet is a hat. Your head is the greatest site of body heat loss. The blood vessels in your head are controlled by cardiac output and won't constrict like those in your hands and feet. In fact, John Abruzzo, M.D., director of rheumatology at Thomas Jefferson University, says, if you want to keep your hands and feet warm, it's as important to wear a hat as it is to wear gloves and socks.

Finally, mittens are preferable to gloves because they trap your whole hands' heat.

DRY UP

Clothes aren't the only way to keep dry. "Absorbent foot powders are excellent for helping keep feet dry," says Marc A. Brenner, D.P.M., past president of the American Society of Podiatric Dermatology. But he cautions people with severe cold-feet problems caused by diabetes and peripheral vascular disease to use a shaker can rather than an aerosol spray, since the mist from the spray can actually freeze their feet.

DOUSE IT

Smokers set themselves up for cold hands and feet whenever they light up. Cigarette smoke cools you two ways: It helps form plaque in your arteries and, more immediately, even one puff of nicotine causes vasospasms that narrow the small blood vessels. These effects can be especially hard on people with Raynaud's. "Raynaud's patients are sensitive even to other people's smoke," says Frederick A. Reichle, M.D., chief of vascular surgery at Presbyterian-University of Pennsylvania Medical Center.

CHILL OUT TO WARM UP

Staying cool and calm may actually help some people stay warm. Reason: Stress creates the same reaction in the body as cold. It's the fight-or-flight phenomenon—blood is pulled from the hands and feet to the brain and internal organs to enable you to think and react more quickly.

Calming techniques abound. Some, like progressive relaxation—in which you systematically tense, then relax the muscles from your forehead to your hands and toes—can be practiced any time, any place.

WARM UP WITH A HOT MEAL

The very act of eating causes a rise in core body temperature. This is called thermogenesis. So eat something before you go out, to stoke your body's furnace. And eat something hot to give the stoking a boost. A bowl of hot oatmeal before your morning walk, a soup break or hot

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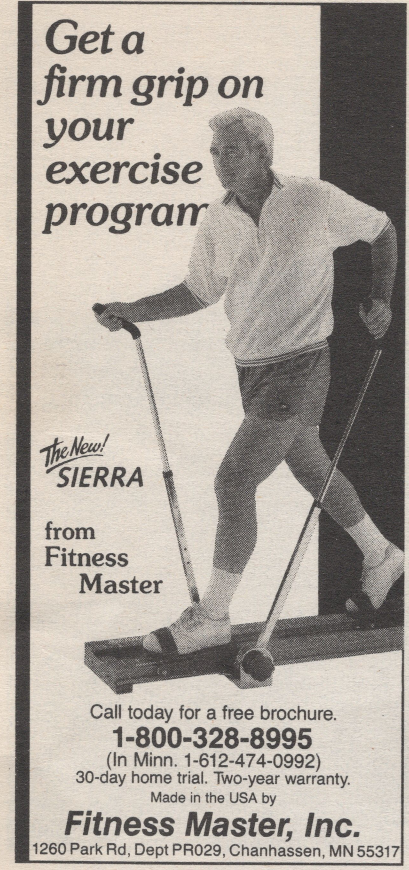

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Are you a member? If not, turn to the Walking Club application that appears in each issue of Prevention. Better yet, join and encourage a friend to join too— and have company during your daily walks.

lunch will help keep your hands and feet toasty even in inclement weather.

DRINK UP

Dehydration can aggravate chills and frostbite by reducing your blood volume. So ward off the big chill by drinking plenty of fluids such as hot cider, herbal teas or broth. Avoid caffeine-containing beverages, however, since caffeine constricts blood vessels. And don't be misled by the lure of a hot toddy, either.

A touch of alcohol will temporarily warm up your hands and feet but the drug's detrimental effects outweigh its benefits as a hand and foot warmer.

Alcohol increases blood flow to the skin (this is why heavy drinkers like the late W.C. Fields are noted for their red noses), giving you the *immediate* perception of warmth. But that heat is soon lost to the air, reducing your core body temperature so the alcohol is actually making you *colder*. The danger comes from drinking an immodest amount and being subjected to unexpected cold for an extended period, which can lead to severe problems, like frostbite. Says Dr. Abruzzo: "The model of the St. Bernard dog with a flask of brandy around his neck is an unfortunate one."

by Joe Mullich

ANTI-ARTHRITIS DIET

Continued from page 35

jects endured morning stiffness for longer than 30 minutes, and had multiple swollen and tender joints. For 14 weeks, half the group took 15 fish-oil supplement capsules a day, while the other half took placebos (harmless look-alikes); then the groups switched for another 14 weeks.

Results: When the people took fish oil, they experienced 33 percent less joint tenderness than when they took a placebo. They were also fatigue-free for over $2\frac{1}{2}$ hours longer each day (*Annals of Internal Medicine*, April 1987).

ACTING ON THE EVIDENCE

There's no question that vegetable oils are generally beneficial to most people. Used instead of butter and lard, they can help lower cholesterol and reduce the risk of heart disease. But the results of this study and others like it suggest that people with arthritis may be a special case. I believe it may be worthwhile for them to try minimizing their intake of vegetable oils and maximizing their intake of oils rich in omega-3s.

Minimizing vegetable oils does not mean avoiding vegetables. It does mean cutting back on oil-containing products like salad dressings, fried foods and margarine.

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ble oils that you can use, though, because they contain low levels of the omega-6s: canola oil, made from rapeseed, and olive oil. Simply use modest amounts of those oils in place of other vegetable oils in cooking. (Don't overdo the good-guy oils, though; for all-around good health, it's best to keep the overall level of fat in your diet to less than 30 percent of total calories.)

To get more omega-3s, make fish a regular part of your diet. In particular, look to the oil-rich, deep-water fish, such as salmon, tuna, halibut and sardines (packed in water, not in vegetable oil).

There are other sources of omega-3s as well, most notably walnuts, soybeans and tofu. But none deliver as much of this inflammation-fighting oil as deep-water fish do.

If you pay close attention to your diet, reducing vegetable oils and eating fresh or canned fish several times a week, you'll probably achieve good results without having to take fish-oil supplements.

But if changes in your diet don't seem to be helping, talk to a physician who is familiar with the studies on fish oil. He or she can guide you on proper supplementation, if it's appropriate. ■

EATING TO AVOID OSTEOARTHRITIS

Keeping your bones strong through proper nutrition may reduce your chances of developing osteoarthritis. Certain nutrients are crucial to bone health: Calcium and vitamins C, D, B_6 and A. (There is no evidence, however, that rheumatoid arthritis can be prevented through dietary means.)

If you're eating a well-balanced diet, you're probably getting adequate amounts of these nutrients, with one exception: calcium. Many women don't consume enough of this mineral, especially if they avoid dairy products.

Women who are premenopausal should take in at least 1,000 milligrams of calcium a day. Postmenopausal women should consume about 1,200 mg. You may need a supplement to achieve these totals.

If you aren't sure whether your diet provides enough calcium—or any other nutrient—it's a good idea to write down everything you eat and drink for a period of several days. Bring your records to a dietitian for assessment.

Another way to help prevent osteoarthritis is to avoid obesity. Overweight increases the stress on weight-bearing joints. Shed excess pounds by eating a low-fat diet.

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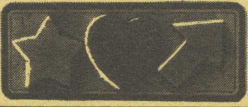

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250 tabs.....$5.95

EACH TABLET SUPPLIES:		%U.S.RDA
Vitamin B-1	100 mg.	6,667
Vit. B-2 (Riboflavin)	100 mg.	5,882
Vit. B-6 (Pyridoxine HCl)	100 mg.	5,000
Vitamin B-12	100 mcg.	1,667
Niacinamide	100 mg.	500
Folic Acid	0.4 mg.	100
Pantothenic Acid	100 mg.	1,000
d-Biotin	100 mcg.	33
Choline Bitartrate	100 mg.	*

and the following for which no special claims are made: Inositol-100 mg., Para Aminobenzoic Acid (Paba)-100 mg. Plus Alfalfa, Watercress, Parsley, Lecithin, Rice bran.

ACTION-B
50 mg. COMPLEX

No. 794
50 tabs.....$1.25
250 tabs.....$4.95

EACH TABLET SUPPLIES:		%U.S.RDA
Vitamin B-1	50 mg.	3,333
Vit. B-2 (Riboflavin)	50 mg.	2,941
Vit. B-6 (Pyridoxine HCl)	50 mg.	2,500
Vitamin B-12	50 mcg.	833
Niacinamide	50 mg.	250
Folic Acid	0.4 mg.	100
Pantothenic Acid	50 mg.	500
Biotin	0.05 mg.	16
Choline (Bitartrate)	50 mg.	*

and the following for which no special claims are made: Inositol 50 mg., Para Aminobenzoic Acid (PABA) 50 mg. Yeast, Alfalfa, Watercress, Parsley, Lecithin, Rice bran.

U.S.RDA-U.S. Recommended Daily allowance for adults and children 4 or more years of age.

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PERFECT SCENT

Continued from page 88

create the fragrance he wants."

When discussing perfume, experts refer to the "top note"—the first scent you're aware of when you smell a fragrance; the "midnotes," or body, which give you the main scent; and the "base notes," which, though subtle, are the most lingering. How quickly a certain ingredient disperses determines where it is going to be used in the fragrance's formulation.

"The citrus family, for instance, is usually a top note," says Porter, "not only because it's light and refreshing, but because it doesn't last long. Typical fragrances used in the body are from the floral or woodsy family, while a common base note is an oriental, such as musk."

BUYING PERFUME

Choosing a new perfume is a pleasure not to be rushed.

"When you first smell a fragrance at a perfume counter, you're mainly aware of its top note, but this will be the first to evaporate," says John Porter. "So make the perfume counter your first stop. Give yourself time to be able to smell the body of the fragrance. Apply no more than three scents, preferably to your pulse points. Do the rest of your shopping before deciding which you prefer."

If the sight of all those tester bottles boggles your senses, ask the salesperson to recommend some perfumes in the same scent family as your current favorite.

Some other perfume tips from the Fragrance Foundation:

- Keep your fragrances safe from extreme heat or cold. Exposure to either may alter the delicate balance of the blend.
- Don't choose a perfume because you like it on someone else. It will smell different on you, depending on your skin type and your own body chemistry.
- For warmer temperature, choose a lighter scent. Fragrance intensifies in hot, humid weather.
- Test a fragrance on your skin. Smelling the bottle or putting the fragrance on paper won't tell you how it will react on you.

by Pamela Boyer

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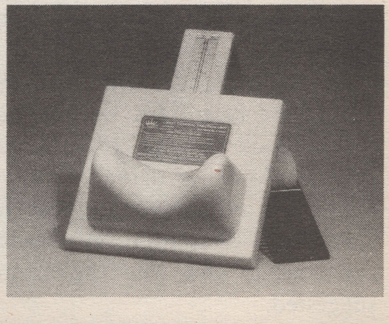

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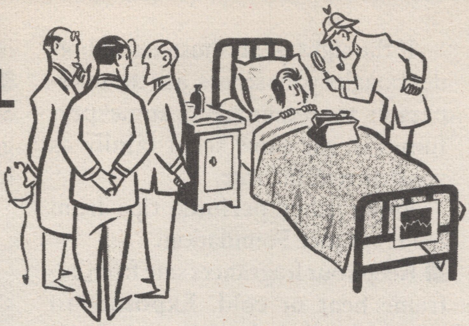

Sylvia Driscoll lost her voice—and nearly her life—before getting the help she needed

IN 1975, BOSTON RESIDENT Sylvia Driscoll, a brown-eyed woman then age 40, discovered some odd changes in her body. Her face grew puffy, almost moonlike. Her arms and legs became unusually thin. She had been a borderline diabetic and a hypertensive for years, but this was new.

Mrs. Driscoll went to a Boston hospital and was referred to an endocrinologist there. He attributed her symptoms to Cushing's disease, a cortisol excess caused by a small tumor on her pituitary gland. Cortisol is a hormone that affects the body's carbohydrate metabolism and blood sugar.

With her slender arms and legs and round face, Mrs. Driscoll had the textbook physique of Cushing's disease. And her urinary cortisol level—the most specific test for Cushing's—was high, apparently confirming what her appearance suggested.

To destroy the tumor, the endocrinologist put her on oral chemotherapy.

A STRANGE KIND OF LARYNGITIS

Then Mrs. Driscoll started losing her voice. At first, she wasn't overly concerned. She had more serious health problems. But when her voice grew so weak she couldn't be heard on the telephone, she returned to her endocrinologist.

Chemotherapy wasn't the problem; it was probably just laryngitis, he said. So Mrs. Driscoll went to an ear, nose and throat specialist. "He couldn't find anything wrong, but he suggested I see a speech therapist," she says. "I think he said that to get me off his back.

"I never went because I started losing strength. My muscles were so weak and cramped I couldn't get out of a chair—I felt like there were tight rubber bands around my arms and legs. Just picking up a spoon

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		0629-31	500 Tabs		$22.99	
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☐	**Ultra Mega Multi-Vitamin** Timed Release. Vegetarian formula.	0173-43	180 Tabs		$16.99	
☐	**Solotron** Single tablet multi-vitamin formula. 29 vitamins and minerals.	1016-22	250 Tabs		$18.99	
☐	**EPA 1000** 180 mg of EPA & 120 mg of DHA	1066-51	270 Caps		$5.49	
☐	**Acidophilus Plus** 100 mg of citrus fiber	0206-25	250 Caps		$1.99	
☐	**Super Garlic 1000 mg** 2 mg of chlorophyll	0368-21	500 Caps		$3.33	
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and holding my head to feed myself was hard. The muscle above my knee twitched uncontrollably. I was tired all the time.

"I felt so awful my personality changed. All of a sudden, I'd turn ugly. Once, for instance, I asked my husband where a book was. He didn't know. Ordinarily, that wouldn't have bothered me. But I became sullen and resentful. I wanted to yell at him. I remember thinking, 'Well, why the hell don't you know where it is?'"

PILLS, SHOTS AND CHEMOTHERAPY

By this time, Mrs. Driscoll's endocrinologist had ruled out laryngitis. But he still didn't know the nature of her problem. Her Cushing's disease seemed to be subsiding. And hypertension had little connection to most of Mrs. Driscoll's symptoms—her cramped, twitching muscles, weakness, fatigue, personality changes and muted voice.

The endocrinologist turned to her diabetes.

"He tried everything—diets, pills, injections—but nothing seemed to touch it. So he sent me to the Joslin Diabetes Center in Boston. There, they repeated the same things my endocrinologist had tried. In the end, they decided I was insulin-resistant. They thought that might explain why I was so weak."

Most people use insulin to convert blood sugar into energy. Mrs. Driscoll couldn't do that very well. So she was largely shut off from blood sugar, one of her body's key energy sources. Insulin injections only made her gain weight and feel drowsy.

"The diabetes treatment went on for about a year, but it didn't seem to do much good. In fact, I spent a lot of time in bed.

"My doctors were really frightened. They were treating me for diabetes, hypertension and Cushing's—they couldn't find anything else wrong with me—but I was going downhill fast. Nothing was working. They told me, 'There's nothing more we can do for you.'

"I asked, 'You mean I'm going to die?'

"And they said, 'Yes.'"

REVIVING THE WILTED FLOWER

One day at the Joslin Diabetes Center, an insulin-resistance researcher brought in John P. Sheehan, M.D., a specialist in diabetes and metabolism, to observe an interesting case: Mrs. Driscoll.

"She had all these symptoms that didn't fit the picture of run-of-the-mill insulin-resistant diabetes," says Dr. Sheehan. "Weakness and fatigue can be symptoms of diabetes, of course, but she was weaker and more fatigued than that.

"Cushing's disease wasn't in the

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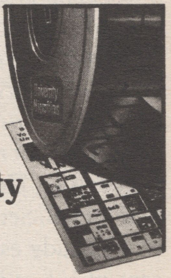

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"My doctors were treating me for diabetes, hypertension and Cushing's . . . but I was going downhill fast."

picture at all. Possibly chemotherapy had cured it. We looked at her cortisol levels repeatedly, and didn't find any abnormality there.

"Her extreme weakness, fatigue, muscle cramping and twitching were what tipped me off, since I've seen this group of symptoms, and where they pointed, before. As for her weak voice, that was an unusual symptom. But she had generalized muscle weakness, and the voice box is basically muscle."

A blood test confirmed Dr. Sheehan's diagnosis: Mrs. Driscoll was severely magnesium-deficient.

Without magnesium, doctors agree, our nerve impulses and muscles go haywire. As in Mrs. Driscoll's case, personality changes can occur, too. The prevalence of magnesium deficiency is unknown, but a recent study estimates 10 to 27 percent of U.S. adults might be at risk. Few cases, however, are as severe as Mrs. Driscoll's.

Dr. Sheehan had solved the mystery of Mrs. Driscoll's "laryngitis." But now he had to find the best treatment for it.

To quickly get her magnesium level back to normal, he prescribed intramuscular shots of magnesium. "He started me with one in each buttock," Mrs. Driscoll says. "They really burned; I had to have shots every six hours. Finally, I couldn't take the pain anymore. That's when they gave me, intravenously, three 24-hour bags of magnesium chloride.

"I came back to life. It was as if you put a wilted flower in water. I could walk; I could talk; I could sing; I could dance. I was once again part of life. It was just wonderful. I was a whole new person."

Once Mrs. Driscoll's magnesium level was back to normal, Dr. Sheehan tried to maintain it with foods rich in the mineral (nuts, whole grains, leafy green vegetables and fish) and oral magnesium supplements. For most people, the food alone would have provided plenty of magnesium. But Mrs. Driscoll was not most people. Much of the magnesium simply wasn't staying in her system long enough. And the supplements gave her diarrhea, which wastes magnesium. It would take something else to keep her magnesium-replete.

Part of the problem was that the diuretics Mrs. Driscoll took for hypertension increased her urine—and magnesium—output. So Dr. Sheehan prescribed a new diuretic, one

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“They gave me magnesium intravenously, and I came back to life. It was like putting a wilted flower in water.”

that didn’t make her excrete so much magnesium.

“At the same time, her diabetes also made her put out a lot of magnesium in her urine,” says Dr. Sheehan. “You could put a lot into her, but she lost it. I had to get her diabetes under better control.”

Dr. Sheehan prescribed a low-calorie diet, weight loss and glyburide (Diabeta) pills to promote the action of Mrs. Driscoll’s own insulin. Still, her diabetes was far from perfectly controlled. She still lost too much magnesium in her urine. Mrs. Driscoll needed intermittent magnesium infusions, Dr. Sheehan concluded.

Massive doses of magnesium aren’t for everyone. “Mrs. Driscoll is a rare entity,” says Dr. Sheehan. “We can’t deduce from her that every diabetic with fatigue and muscle cramps has a magnesium deficiency.” With infusions, though, Mrs. Driscoll was fine. Her twitching, cramping and personality changes stopped. Her strength—and voice—returned.

Mrs. Driscoll’s health odyssey didn’t end there, however. In December 1983, she moved to upstate New York, where her husband had been transferred. She lost touch with Dr. Sheehan, who also had moved. And her new doctor thought she didn’t need magnesium.

“I was weak and in terrible pain. The muscles of my feet were so sore I could hardly walk. My new doctor told me to get arch supports.

“I felt desperate. All my muscles were weakening. Then I remembered reading about magnesium in *Prevention*. So I went through my back issues. I found the article, and it mentioned where Dr. Sheehan worked. I called him, and he’s been treating me ever since. He prescribes periodic magnesium infusions, and a nursing service gives them to me.

“But I wonder how many people have died from magnesium deficiency because the condition was overlooked. I almost did.”

by Andrew Roblin

PREVENTION CLINICS presents real-life medical experiences. If you’ve teamed up with a health professional to resolve a particularly troublesome or difficult-to-diagnose problem, please write us describing your experience. (Be sure to include your phone number and address.) If we publish your story, we will pay you $350. Address your letters to: Editor, Prevention Clinics, c/o *Prevention*, 33 E. Minor St., Emmaus, PA 18098.

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bi•o•tin is a little-known B vitamin that helps you make or use vitamin C, niacin and several other vitamins. It's usually easy to get plenty of biotin in a normal diet. But mild deficiencies (which are rare) can crop up in children with seborrheic dermatitis (Leiner's disease), pregnant and lactating women, alcoholics, the elderly, and alcoholics and epileptics treated with anticonvulsant medications. Theoretically, if for some strange reason you ate 12 to 20 raw egg whites a day, you could become biotin-deficient, resulting in what is known as "raw egg-white injury," characterized by scaly dermatitis. A protein called *avidin*, which is concentrated in raw egg white, can bind to biotin and make it unavailable to the body. (Heat neutralizes avidin, so cooked eggs are still a good source of the vitamin.)

The National Academy of Sciences has set no requirement for biotin, only a "safe and adequate" daily dietary intake, which for adults is 100 to 200 mcg. (It's estimated that the "typical" American diet contains about 100 to 300 mcg. of biotin per day.)

bo•ron is a chemical element that we get in small amounts in our diet and that we sometimes use in larger amounts externally to fight infection. Recently it was dietary boron that made news. Most scientists agree that dietary boron isn't really necessary to our health. But a pilot study from the U.S. Department of Agriculture has sparked some speculation that boron may be important to bone health, especially in postmenopausal women, who are at risk for the bone-thinning disease called osteoporosis. Osteoporosis is usually associated with low calcium intake, poor absorption or high levels of calcium loss in the urine.

For the USDA's study, 12 women between the ages of 48 and 82 lived and ate together for over five months at the Grand Forks Human Nutrition Research Center, in North Dakota. Their diets were controlled to provide 0.25 of a milligram of boron per day, far below the norm of 1½ to 3 mg. When they were given supplements of 3 mg. of boron per day, there was one-quarter to one-third less calcium in their urine. Since intake of calcium didn't

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vary during the study, this finding implies that boron can help prevent calcium loss in the body. But this study is small and tentative. Many more studies must be done before scientists can determine whether boron is a preventive for osteoporosis.

bo•rax (sodium borate), a crystalline salt of boron, is one of the two forms of boron that have been used externally, mostly as a common ingredient in bath salts and foot soaks. It's a mild antibacterial and astringent—so mild that it has even been used in commercial eye washes. But if used internally, it's toxic, which is why it has been banned as a food preservative in the United States and other countries.

bo•ric acid, the other boron topical, is a mild antibacterial and antifungal agent found in ointments used on minor skin irritations. Boric acid and borax are safe up to a 5 percent concentration, as long as neither is used on broken skin or taken internally.

Parents, however, shouldn't put boric acid or talcum powder containing borax (sodium borate, sodium pyroborate or sodium tetraborate) on an infant's tender skin. These products can pass through the skin and be absorbed into the bloodstream . . . with toxic side effects. Also, accidental ingestion of boric acid could cause fatal poisoning, so make sure your first-aid kit is out of reach of small children.

brew•er's yeast is a protein-rich by-product of beer fermentation. It's also a good source of B vitamins, iron, magnesium and potassium. But the most intriguing element in brewer's yeast is a form of chromium known as *glucose tolerance factor*, or GTF. GTF does exactly what its name says: helps the body tolerate and regulate blood sugar (glucose). That could be important news for some people with mild diabetes.

One study to test the effectiveness of GTF-rich brewer's yeast in diabetics was one conducted at St. Luke's–Roosevelt Hospital Center and Columbia University, in New York City. There researchers gathered 24 elderly volunteers, including eight mildly non-insulin-dependent diabetics. The volunteers were first given a "challenge dose" of glucose (100 grams) to see how their insulin levels usually reacted to glucose. (Insulin helps the body use and regulate glucose properly.) Then, half were given nine grams (about one-third ounce) of GTF-rich brewer's yeast per day, the others, nine grams of chromium-poor yeast. After eight weeks, both groups were given another glucose challenge. The group getting brewer's yeast showed a sig-

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nificant improvement in glucose tolerance and insulin response. But the other group showed no change (*Diabetes*, November 1980). These results have been repeated in other studies, most of which used pure chromium supplements instead of brewer's yeast. (Most people can convert pure chromium to GTF.)

One remarkable thing about GTF is that it has the capability of improving both diabetes, a condition of *high* blood sugar, and hypoglycemia, a condition of *low* blood sugar. "I don't know of any other nutrient that affects both high and low blood sugar," says Richard A. Anderson, Ph.D., a chemist at the USDA's Beltsville Human Nutrition Research Center.

In one pilot study performed by Dr. Anderson, eight hypoglycemic women were given unidentified tablets to take each day for 24 weeks. For the first 12 weeks, four were given tablets containing 200 micrograms of pure chromium. The other four were given look-alike pills. For the second 12 weeks, the tablets were switched. Glucose challenges were done before the test and at six-week intervals afterward. While taking the chromium, the women had improved blood-sugar levels and reduced hypoglycemic symptoms to the glucose challenge. One patient stopped trembling; others reported improvement in blurred vision. No changes in blood sugar were noted in six "normal" women who were given the same tablets and test.

So while no one is recommending brewer's yeast as a substitute for insulin, researchers say that GTF does have therapeutic value in some cases. But it generally works only when chromium deficiency is the cause of the problem. Fortunately, severe chromium deficiency is relatively rare. The elderly and people on parenteral nutrition (being fed through a tube) are at some risk. A high-sugar diet is risky, since it causes the body to excrete high levels of chromium. Over time, that can cause a mild case of diabetes.

How much chromium do you need? The National Academy of Sciences has tentatively recommended that adults consume 50 to 200 micrograms of chromium per day. Brewer's yeast itself is a rich source, but brewer's-yeast tablets can vary widely in their chromium content. An average 10-grain tablet can contain anywhere from 0.2 mcg. to 130 mcg. of chromium. (The more it's been processed, the lower the amount.) Meat products, cheese, nonleafy fresh vegetables, whole grains and fortified breakfast cereals are more reliable sources of chromium.

by Steven Lally;
researched by Maureen Sangiorgio
and Melissa Meyers

YOUR PREVENTION HEALTH

FORECAST

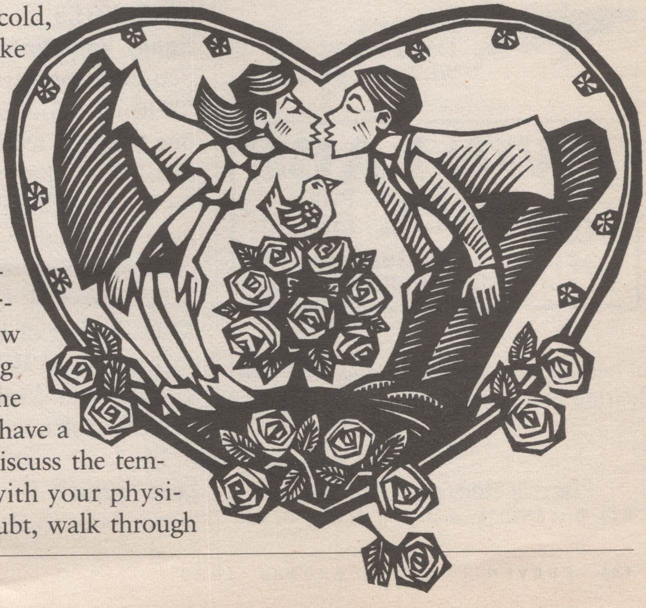
Seasonal suggestions for active healthstyles

FEBRUARY

Walking Through Winter's End With just one more chilly month to go, don't let your walking schedule wane. Just remember the following precautions. Follow the sun: Walk midafternoon, when possible. Bundle up; a hat's a must. Toss a scarf around your neck and over your mouth to keep the air in your lungs moist and warm. (This is particularly important if you have asthma, because inhaling cold, dry air can provoke bronchospasm.) And check the weather forecast before heading out. Doctors advise diabetics, for example, to stay indoors if the mercury dips below freezing (taking into account the windchill). If you have a health problem, discuss the temperature factor with your physician. When in doubt, walk through a shopping mall or other temperature-controlled environment.

CHOCOLATE FACTS

Sweets for a Sweetheart? Giving candy has become a Valentine Day tradition. But chocolate lovers, beware. According to a recent study at Bowman Gray School of Medicine in Winston–Salem, North Carolina, chocolate can cause heartburn for as long as 60 minutes after it's eaten. Apparently, chocolate relaxes the muscles that normally prevent stom-



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ach acid from spewing into the esophagus.

Cholesterol watchers, beware, too. While chocolate doesn't contain cholesterol, it is rich in saturated fat, which can raise your blood cholesterol just as surely as a golden egg yolk. And the darker and more bitter the chocolate, the more fat it contains. Milk chocolate contains about 30 percent of calories from fat; bittersweet contains about 45 percent of calories from fat.

Hot Tip The good news is that cocoa has less fat than chocolate, about 15 percent of calories. Dissolved in hot skim milk, it can satisfy a chocolate craving (and boost your calcium intake) with a minimum risk to your coronary arteries.

LOVE NOTES

Happy Valentine Day! Love makes people happy, the experts agree. "When you focus attention on someone else, you feel better about yourself," says Perry W. Buffington, Ph.D., an Atlanta psychologist. "Almost any kind of loving relationship can contribute to happiness," says psychiatrist J. Ingram Walker, M.D., author of *Everybody's Guide to Emotional Well-Being* (Harbor, 1982). "Such a relationship can help us better tolerate all the misfortunes of life."

Love Yourself There's nothing narcissistic about it: People who succeed

Continued from page 144

Mineral" describes how one woman used both professional care and her own initiative to find the solution to years of pain.

The key word here is *and*.

Being a mere passive recipient of medical care is often not a good idea. Taking matters entirely into your own hands is an even worse idea. Somehow, we need to combine the two threads to weave a fabric that fits our own best interests.

That's not easy. How do you know when to begin exercising your personal initiative?

One pretty reliable signal is what Mrs. A. R. encountered: The practitioner will not take you seriously.

Another warning sign is a quick recommendation for radical therapy, without a mutual exploration of options. It doesn't matter if that radical therapy is major surgery or a macrobiotic diet. If you intuitively feel that you're being pushed down a steep hill, think again.

Of course, you may well decide after consultation with other practitioners, and your own reading of reliable literature, that the approach recommended is probably best for you. But you don't *know* that until you've actively looked for the wisest course of action. And once you're satisfied that you're on the best path, your higher confidence can only help you achieve the best results.

Have *you* had a meaningful experience in combining professional care and personal initiative? If you have, we're inviting you to participate in our new Prevention Clinics column. Drop us a letter and tell us about your story. Please include your telephone number so our editors can call you if we need additional information. If we are able to publish your story, we'll pay you $350.

Your story need not involve rejecting one piece of advice, or treatment, in favor of another. Maybe it involves working out a personal plan to follow a prescribed health program.

We frequently hear stories from people who have used the Prevention Walking Club program to shed weight, lower blood pressure, improve diabetes control or relieve years of low-back pain. We hear them from folks who have learned a new way of cooking and eating to lower cholesterol and relieve angina pain. We hear them from readers who have conquered depression or anxiety by learning to enjoy life again in their own special way.

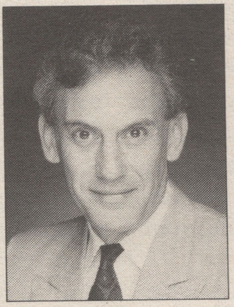
Tell us *your* story. Send it to us at Prevention Clinics, *Prevention,* 33 E. Minor St., Emmaus, PA 18098.

Until next month,

Mark Bricklin

SHARE YOUR BEST HEALTH EXPERIENCES

We introduce a new readers' forum on the healing power of perseverance ▨ *by Mark Bricklin, Editor*



"IT'S ANOTHER pipe dream." That's what Mrs. A. R.'s family doctor said when she asked him about using zinc to control her son's health problem.

Maybe Mrs. A. R. was entitled to her pipe dream. The time was the mid-70's, and her son had a rare condition called acrodermatitis enteropathica. His skin—all of it—was sore and cracked. Sometimes it would peel off in big patches. The pain was terrible. The boy had lived with it for most of his young life.

The only known treatment was a drug called Didoquin. While it helped control the problem, it was far from perfect. And among Didoquin's side effects was stunted growth.

Mrs. A. R. was not satisfied with that. She avidly read health information, and before long came upon a report that electrified her. A doctor in England, it said, had found in preliminary trials that the mineral zinc could abolish all the terrible symptoms of her son's illness.

After her own doctor scoffed at the idea, Mrs. A. R. wrote a letter to the English doctor explaining her predicament. He wrote back, telling her how the new treatment could be worked into her son's own treatment program. Results? Just about miraculous. Her son's ordeal was soon over.

Now, doctors all over the world understand the underlying metabolic problem in acrodermatitis enteropathica and why large doses of zinc can control it.

Mrs. A. R. was just a little ahead of her time. Her story is one of many similar accounts we have received from readers over the years here at *Prevention*.

In this month's issue, we inaugurate Prevention Clinics, a new column dedicated to sharing such experiences. "The Case of the Missing

Continued on page 143

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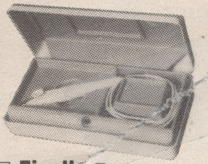

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Nat. E 400 I.U., C 500 mg., Selenium 50 mcg.

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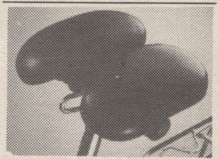
50 Softgels.....~~$9.95~~ **$4.48**



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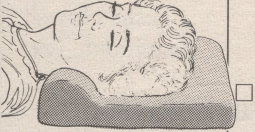

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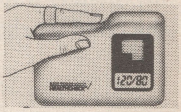

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sure drugs, though, I was shocked out of my rut. I tried to walk, but it wasn't until I joined a group at a shopping mall that I really began to enjoy it and do it regularly. I have now lost 12 pounds, look great and am miserable when I sit for very long.

I live by *Prevention* and have all my friends interested now. Keep up the good work.

Leslie Howell
Beaumont, Tex.

WHAT'S IN IT FOR RUNNERS?

I have been running six miles every other day for 16 years, so I am very fit. I enjoy walking but cannot get my heartbeat up high even when I walk fast because I'm already so fit. What are the benefits of walking, healthwise, for those of us who are already fit? I am 48, 5′7″, 143 pounds, body fat 21 percent and cholesterol 207.

Sylvia Boecker
Chicago, Ill.

Editor: *You seem to be thriving on your running regimen, and so far as health goes, you probably don't need any more exercise.*

But remember, walking is just one part of the Prevention System. Your cholesterol isn't exactly high, but your health might benefit by lowering it somewhat. Exercise isn't enough to do the trick. Check out Prevention's *article this month on cholesterol and see if you get any ideas.*

P.S. We're sending you a complimentary subscription to Runner's World, *also published here at Rodale Press.*

COMPLIMENTS FOR PERSEVERANCE

Things were going rough for me, and a friend advised me to get out of the house to relieve some stress. I started walking—first one mile, then two, then, finally, three miles, every day, rain or shine. It's much easier now for me to cope, and my health and attitude have improved. I even got a compliment from my husband, not so much for my looks as my perseverance!

Sylvia Garland
Columbus, Ohio

Editor: *What? Your husband hasn't noticed your new firmer figure yet? Perhaps you should point it out!*

MAILBAG is an exchange of ideas on health-care issues and experiences among interested readers. Letters should not be construed as scientific information or as substitutes for professional medical advice. Address your letters to: *Prevention* Readers' Service, Attn: Mailbag, 33 E. Minor St., Emmaus, PA 18098. If we publish your letter, we'll send you five volumes of your choice of the encyclopedic *Prevention Total Health System.*

swelling were gone and the sore was completely healed.

Ronald Reimer
Orange, Tex.

Quite by chance, I became a firm believer in the use of zinc for sore throats: I was getting a sore throat one night, and because I had nothing else available I took a zinc lozenge. I awoke with no sore throat.

Is it mind over matter? Well, it has worked for me for two years—and before that I missed a lot of work because of sore throats.

Loretta Barrett
Cockeysville, Md.

Editor: Zinc gluconate does seem to have a fast-acting antiviral action. Though no one knows for sure yet, this action may have a healing effect on sore throats and canker sores.

Walking-Club Mail

WALKING AROUND THE WORLD

I have lived overseas for 15 years. In some places, I couldn't just go out and walk. But what fun it has been when I could! In Korea, I walked the slippery paths between rice paddies and into the hills of an ancient Buddhist monastery. In Peking, I prowled narrow alleys called "hutongs," catching glimpses of life behind the high-walled courtyards. A vacation to Nepal was a 125-mile hike up one of the gorges. On a trip to Bavaria, the tour boat left me at a lonely pier on the edge of King's Lake and I hiked six beautiful hours back to the hotel.

These walks have given me joy and pleasure in remarkable places, and insight into different cultures. Your many subscribers who are now walking because of your encouragement are doing well for themselves.

Geraldine Bender
Washington, D.C.

BABY, IT'S WARM INSIDE

I live in Kitty Hawk, known for its windy ways. Winter here can really chill you out. Last year, I was determined to walk regardless of the weather, so for Christmas, I asked my husband for a treadmill. Now I can fit into clothes I hadn't been able to wear for years. My husband is walking every day, too, and no longer needs blood-pressure medication. Keep those articles coming. Even the dedicated need a boost.

Carol Smith
Kitty Hawk, N.C.

Editor: Congratulations on earning your Strider patch—500 miles! May the wind always be at your back.

GETTING SLEEK AND SASSY

My newfound freedom (retirement!) found me watching soap operas, relaxing and gaining weight. When my doctor put me on blood-pres-

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☐ Vi-Amino 28 + 2

30 vital nutrients in a single tablet per day formula for a more complete adult nutrition! 75 mg. of 8 B-Vitamins plus C 250 mg., E 150 I.U., and A 25,000 I.U.

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☐ L-Tryptophane
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Natural aid to induce restful sleep

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60 Tabs . . . . ~~$14.50~~ $6.53

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Nature's purest Vitamin E—NO Synthetics!

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☐ Super Cranberry 6000

Nature helps provide aid for alkaline urinary tract problems! 5 times the potency of regular capsules!

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☐ Guar Gum
1000 mg.

Natural fiber helps curb appetite, cut cholesterol, promotes colon health.

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☐ 1000 C-Plex

The ultimate in C-Complex protection! 1000 mg. C, bioflavonoids, & Rutin + more.

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☐ Super Alfa-Con®
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Get twice as much of the trace minerals that make alfalfa seeds so very special. From special seed concentrate.

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High potency—time released . . . for full B-vitamin protection. 100 mg. each of 8 B-Vitamins plus 100 mcg. B-12!

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☐ L-Phenylalanine
500 mg. Captabs

Natural aid to memory and weight control.

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100 mg. L-Carnitine
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☐ Revital-A Cellular Cream

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Aid your thinking processes. Can't remember? Try this dietary "brain food" supplement!

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☐ Evening Primrose Oil

500 mg. Softgels. 100% Efamol EPO from England.

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50 Softgels . . . . . ~~$9.95~~ $6.95

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Quick Fuel For Muscle Energy!

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☐ Eye-Vites Softgels

With Vit. A. Beta-Carotene, Zinc, B-2 & other nutrients that help promote healthy eyes.

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☐ Calcium Complex

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500 Tabs . . . . . . ~~$13.60~~ $6.12

☐ Garlic 1500 mg.

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100 Softgels . . . . ~~$4.50~~ $2.03
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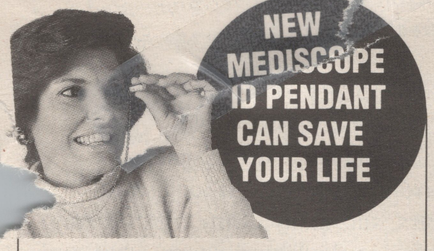
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Continued from page 28

Starting in the 1960's, Stanley Gershoff, Ph.D., and Edwin Prien, M.D., then at Harvard School of Public Health, did a series of experiments with mice and humans. They found that in mice, calcium oxalate stones (the most common type) could be induced with a vitamin B_6 deficiency. They also coordinated a national multicenter study that included 265 people prone to kidney stones. In that study, they found that daily doses of 300 milligrams of magnesium oxide and 10 mg. of vitamin B_6 dramatically slowed stone formation. Their findings were published in the Journal of Urology *(vol. 112, 1974). A later study from Sweden, published in the* Journal of the American College of Nutrition *(vol. 1, no. 2, 1982) found that 500 mg. of magnesium hydroxide daily (without vitamin B_6) stopped stones in 50 people who had a propensity for stone formation.*

"Magnesium keeps calcium oxalate in solution at higher concentrations, so it's less likely to crystallize in the kidneys," says Dr. Gershoff, now at Tufts University. "Our experience with this treatment has been very good. I think it's worth trying."

A recent National Institutes of Health consensus report on kidney disease takes a more conservative stand. It suggests that although some studies have found magnesium promising, more research is needed before it can be recommended as a treatment for kidney stones.

HOT SOUP FOR A COLD NIGHT

My diet consists of many foods emphasized in your magazine. But I live in an area with long, cold winters, and many of my meals feature long-cooked bean soups, chili and vegetable stews. Am I boiling away my nutrients?

Betty Sangiorgio
Buffalo, N.Y.

Editor: *Cooking does destroy some nutrients. Additionally, cooking in water can leach valuable nutrients out of your food. Fortunately, when you eat soup, stews and chili, you consume the nutrient-rich liquid along with meat, vegetables and legumes. To cut your losses to the minimum, however, keep your cooking temperature as low as possible, use a minimum amount of water and keep your pot covered.*

ZINC REMEDIES

Recently I developed a painful canker sore in my mouth. A few months earlier, a similar persistent canker sore had been cured with antibiotics and steroid cream. This time, before seeing the doctor, I tried sucking on zinc gluconate lozenges. Within 24 hours—and after only two lozenges—the pain and in love usually do so because they know how to love themselves. "The love you have for yourself is the nucleus of all motivation," says Perry Buffington. "If you love yourself, you feel worthy. If you feel worthy, you feel competent. If you feel competent, you're ready to achieve in work and love."

And how do you set off the chain reaction?

"With my patients I start with physical appearance," Dr. Buffington says. "It's probably the most important factor in most people's self-esteem. I ask them what they don't like about the way they look, then let them change it for the better. Such simple modifications are the fastest routes to increased self-worth."

The next step is to wage war on negative thinking. "Most people's thoughts about themselves are negative," says Dr. Buffington. "And people tend to accept negative notions uncritically and act as though they were true. I try to get my patients to find out how accurate their negative thoughts really are. I get them to monitor what they're thinking and ask themselves if it's really true. By the time they finish this process, they're ready to address only the lifestyle changes that truly merit change."

by Emrika Padus;
researched by Sharon Ferguson

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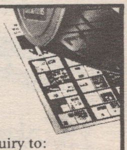

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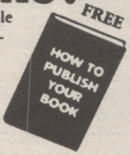
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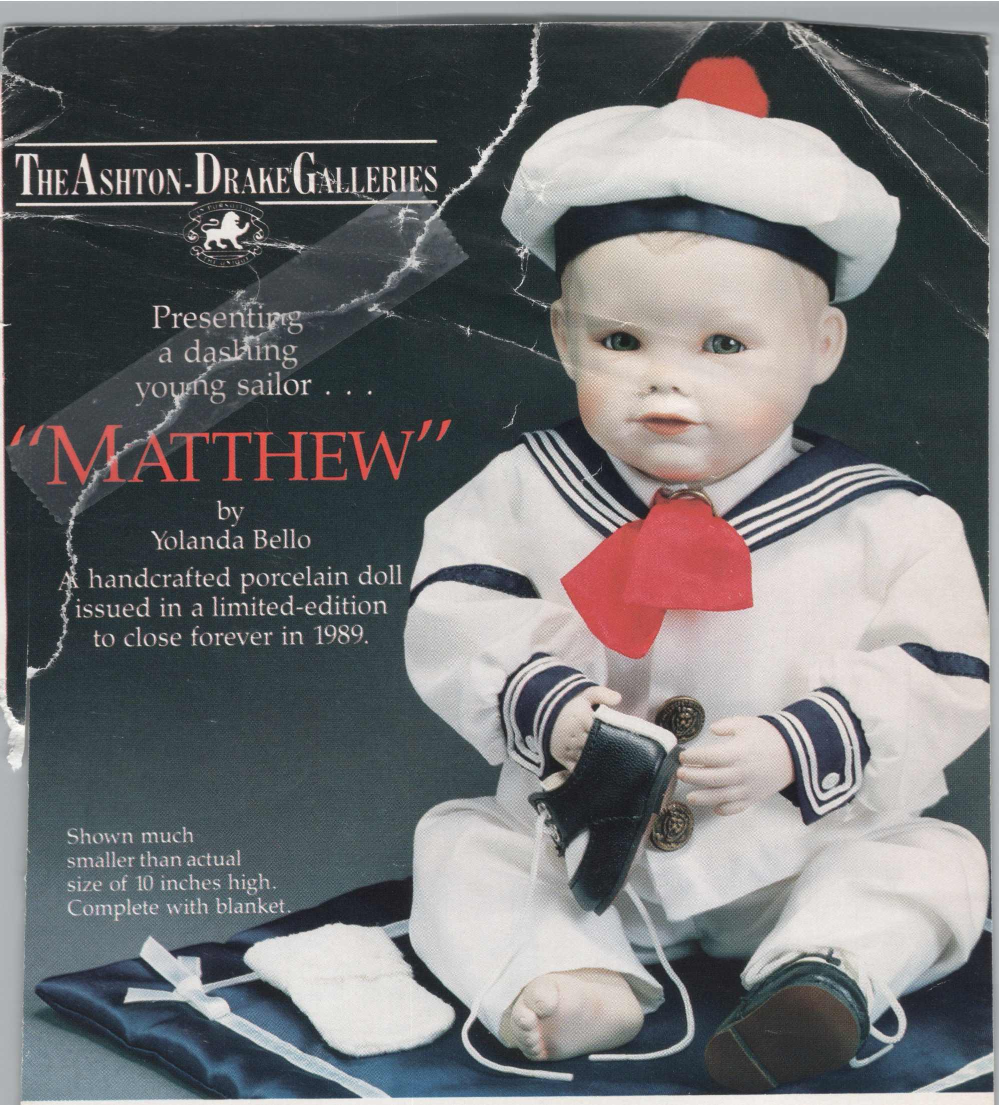

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